

PSYCHOLOGY EXTERNSHIP PROGRAM JACOBI MEDICAL CENTER

Introduction

The Psychology Externship Program at JMC is offered by the Psychology Department within the Department of Psychiatry. JMC and North Central Bronx Hospital are both municipal hospitals included within the North Bronx Healthcare Network (NBHN). JMC serves the East Bronx, which includes Puerto Rican, Dominican, African American, West Indian, Albanian, Italian, Russian, and other ethnic communities. Mental health and other services are routinely provided in Spanish and English, with translators available for patients speaking other languages. Psychologists at JMC work in inpatient Psychiatric and Detoxification units as well as in a variety of outpatient settings: Comprehensive Day Treatment Program (which includes MICA patients), the Comprehensive Addiction Treatment Center, the Adult/Geriatric outpatient department, the Child/Adolescent outpatient department, the Family Advocacy Clinic (for children and adolescents newly identified as sexually or physically abused), the Family and Youth Addiction Program, Adult/Pediatric Consultation Liaison, Pediatric Neurodevelopment Services and Pediatric and Adult HIV/AIDS Primary Care.

The purpose of the externship is to provide qualified psychology graduate students with a rich variety of supervised clinical experiences in an urban hospital setting. Externs are selected from applicants who are in doctoral programs in psychology. To qualify for application, students must be beginning at least their second year of a clinical, school, counseling, or health doctoral program and must have completed the requisite clinical and psychodiagnostic assessment course work at the start of the externship. It is understood that the graduate school will provide a fieldwork supervisor who is responsible for ongoing communication and liaison with JMC as well as the extern's insurance coverage. The externship will meet the school's academic requirements for course or fieldwork credit.

The externship extends from September through June of each academic year. Students are required to attend externship 20 hours per week. Students participate in selected clinical functions under the supervision of psychologists and professional staff from other disciplines. The externship program also provides opportunities for externs to participate in a variety of didactic and other clinical experiences, including routine psychiatric evaluation, formal psychological assessment, short-term crisis intervention, inpatient milieu treatment, and outpatient individual, group and family therapy. In addition to supervised clinical experiences, externs are required to attend a weekly team meeting on each service and a weekly didactic seminar. Students are also invited to attend ongoing service and department seminars as well as weekly Jacobi Medical Center Psychiatry Grand Rounds.

Psychology Externship Training at JMC

As a member of the NBHN, JMC is a major teaching site for trainees from psychology, medicine and social work. Psychiatric services at JMC include acute adult inpatient units (one which specializes in Spanish-speaking patients), a long-term inpatient unit for patients waiting for residential placement, adult/geriatric outpatient services, child/adolescent outpatient services, adult/pediatric mental health services within the primary care HIV/AIDS service, outpatient acute addiction treatment services and a psychiatric day hospital and MICA program.

The Psychology Department at JMC is a growing department that retains a sense of intimacy as well as innovation. Psychologists play major clinical, supervisory and leadership roles on all psychiatry services. Psychologists also serve as directors of the Family/Youth Addiction Program and the Discharge Readiness inpatient unit. This range of training opportunities allows us to tailor a program to the specific needs and interests of each extern while retaining the care components essential to a responsible clinical training experience. Externs will receive a minimum of one hour weekly individual supervision on each service.

During the year, each student attends 2 mental-health services concurrently, one from category 1 and one from category 2 bellow. Around mid-year, students have the option of switching to a different rotation within the mental-health services listed in category 1. Hence, each student can select a total of 3 different services of the various mental-health services provided at JMC. Placement is determined based on the student's requests and his/her availability (i.e., the days the student can attend externship) in conjunction with the units' needs.

Category 1

1. Long-Term Psychiatry Inpatient
2. Acute Care Psychiatry Inpatient
3. Comprehensive Addiction Treatment Center
4. Consultation Liaison
5. Continuing Day Treatment Program /MICA
6. Family Advocacy program
8. Pediatric Neurodevelopment Services
9. AIDS Primary Care

Category 2

1. Adult and Geriatric Outpatient Services
2. Child and Adolescent Outpatient Services
3. Family Advocacy Program
4. Family/Youth Addiction Services
5. AIDS Primary Care

Administration:

A total of 20 training hours per week is required; days and hours are individualized for each student based on his or her available time and rotation placement. Formal Holidays (New Year's Day; MLK Jr's Birthday; Presidents' Day; Memorial Day; Independence Day; Labor Day; Columbus Day; Election Day, Veteran's Day; Thanksgiving Day; Christmas Day) can be taken as days off. In addition, students can take up to 6 days as annual leave (vacation days).

Psychological Testing

The ability to perform detailed psychological assessment is the unique identity of the clinical psychologist in both treatment and research settings. It is therefore given special emphasis during the externship year. Training in psychological assessment at JMC is founded on a basic competence with the traditional standard battery (WAIS-IV, Bender-Gestalt II, TAT, Figure Drawings, and Rorschach), which provides a comprehensive approach to understanding human functioning. Each service has its own populations and externs will be exposed to those assessment techniques useful in particular settings. Externs will also have the opportunity to be introduced to neuropsychological screening on some placements. In addition to the formal written report, externs are expected to present their findings orally to the referring multidisciplinary team and to develop a sensitive approach for sharing feedback with the patient.

Seminars

Weekly seminars and case conferences are available to all students. All Psychology Externs attend a weekly one-and one-half hour seminar each Friday, which covers a broad range of topics including, but not limited to: diagnostic interviewing, treatment and assessment of psychoses, short-term dynamic psychotherapy, crisis intervention, psychopharmacology and group therapy. Students will also have the opportunity to present their cases to a consultant, as well as to process their own externship experience.

Each clinical service has regular team 'rounds' and clinical case conferences in which the externs participate as integral members of the clinical staff. Trainees are also invited to attend weekly Jacobi Medical Center/Psychiatry Grand Rounds.

Application Procedures

Please submit the following information to the address below:

- Your CV
- A cover letter/personal statement describing your clinical experience and interests
- A work sample (intake or test report)
- Two letters of recommendation.

Jakob Meydan, Psy.D.
Associate Director of Externship Training
Jacobi Medical Center
Building #4, Room 5S18
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Bronx, N.Y. 10461

For specific questions, Dr. Meydan can be reached at (718) 918-3797.

Applications for externship are accepted after January 15th and interviews take place between January 15th and March 1st. Positions are offered to students via phone or Email. When granted an offer, the student has 48 hours to accept or decline the offer. An offer made to an applicant is guaranteed for 48 hours after the offer is made. All final decisions are made by March 15th.

INPATIENT ROTATIONS

Psychiatry

Four of the five inpatient units at Jacobi Medical Center provide treatment for people with acute psychiatric disorders. One of the short-term units is devoted to Spanish-speaking patients. The fifth inpatient unit functions as a “step-down” unit set up to care for patients awaiting residential placement. Patients are typically admitted to the inpatient units involuntarily, with length of stay averaging two to three weeks. The units are structured to provide a milieu treatment setting in which both staff and patients participate in the recovery process. The major goals of the inpatient service are to provide rapid and thorough assessment, treatment of the presenting mental illness and discharge planning.

Patients hospitalized at Jacobi Medical Center are primarily from economically disadvantaged, ethnically diverse backgrounds, with the majority being African American and Hispanic. In addition, we serve growing Albanian, Russian and diverse Asian and Southeast Asian populations. Diagnostically, a broad spectrum of presenting symptoms are seen on the units, including schizophrenic disorders, major affective disorders, substance abuse problems, and a range of character pathologies. On admission, an attempt is made to gather comprehensive information about the individuals, their past, and their current environment/stressors. The goal is to understand which factors in a person’s life may have converged to contribute to the need for the current psychiatric hospitalization. Because of the short-term nature of patients’ hospital stays, the extern will have the opportunity to work with a number of different patients.

Treatment on the units stresses the use of the milieu in which an interdisciplinary team helps to form a holding environment for patients in which they feel safe and secure and may begin the work of recovery. Patients are seen individually, with their families, in couples, and in groups. An attending psychiatrist provides psychotropic medication and medical treatment. Regular therapeutic community meetings are held twice weekly, and they are run by the patients and facilitated by a staff member or intern. The extern will be a member of an interdisciplinary team that includes psychology, psychiatry, social work, creative arts therapy and nursing staff.

Externs are assigned two patients selected as being good training cases. The therapist’s responsibilities include assessment, therapeutic intervention on an individual, family and group level, as well as discharge planning which entails identifying those forms of treatment the patient will need after discharge. This may range from outpatient psychotherapy, to partial hospitalization or day treatment, to residential treatment in a supervised community residence or longer-term hospitalization at Bronx Psychiatric Center. Groups are an important treatment modality on the inpatient units and, as such, an extern will co-facilitate one psychotherapy group each week with either the supervising psychologist or the psychology intern on the unit.

Another important aspect of the extern's duties will be psychodiagnostic testing, using brief focal batteries to help clarify diagnosis and gain insight into patient's dynamics as it relates to treatment objectives. The extern will also be responsible for presenting brief status reports on their patients at weekly team meetings, charting, and coordinating care among the various disciplines. The extern will also gain exposure to working with insurance companies to develop treatment plans, an experience crucial in today's managed care environment. Further, the extern will, when applicable, gain experience with AOT (Assisted Outpatient Treatment), a screening and referral procedure that is a legislative requirement of Kendra's Law. The supervising psychologist on the unit will provide weekly supervision on the extern's cases, weekly group supervision and family or couple therapy supervision if pertinent. Testing supervision is rotated among psychology staff members.

Comprehensive Addiction Treatment Center/Inpatient Detoxification Program)

The inpatient component of the Comprehensive Addiction Treatment Center (CATC) is a 16-bed inpatient detox program treating a variety of addicted patients who present with acute medical, psychiatric and psychosocial issues. The patients arrive in a state of crisis, and often have histories of multiple addictions, trauma and poor social support. The goals are to medically detox each individual, assess their treatment needs, and offer appropriate referrals upon discharge. An interdisciplinary team is assigned to each patient, and the treatment plan reflects both individual and group goals. The patient needs to be medically and psychiatrically stable upon completion of a 5-10 day detox. While on the inpatient detox, the extern will learn about the treatment of addiction during the acute phase. Depending on the interest or skill level, the extern will get hands-on experience in leading or co-leading a group, taking histories, performing mental status exams and participating in the functioning of the treatment team. The extern will attend morning rounds and can observe acupuncture treatment. The length of stay is too brief for psychological testing, but the extern may administer a focal screening. The extern will learn about the physiological and psychological components of withdrawal and the process of stabilization. This is a challenging, rewarding, and certainly at times different treatment modality that will help round out an extern's training experience.

OUTPATIENT ROTATIONS

Adult Mental Health Service

Patients in the Adult OPD are seen in many different modalities of treatment, including individual psychotherapy, group psychotherapy, group and individual psychoeducation, medication groups, individual psychopharmacology, family therapy and couples therapy. The clinical orientation of the staff is wide-ranging, and includes psychodynamic, supportive, family systems and cognitive-behavioral approaches.

A primary therapist, who may be a certified social worker, a social work intern, a psychologist, a psychology intern or extern, or a nurse clinician, closely follows OPD patients. Attending psychiatrists provide medical backup and medication management. Clinicians maintain contact with patients' families and other agencies as needed. Patients come from a culturally diverse background with a wide range of mental disorders.

Geriatric Outpatient Service

The nearly 200 older adults treated in our service can be divided roughly into three groups: those with acute psychiatric illnesses provoked by social events or physiological changes of old age, individuals with lifelong personality disorders that impair adjustment to aging, and seriously and persistently mentally ill patients who have been in some form of treatment for many years. Interventions are designed to address age specific issues, for example, improving environmental quality or behavioral competence (especially health-related behaviors), optimizing cognitive performance, preventing institutionalization or widening a social network. Treatment modalities include psychoeducation to improve life satisfaction, cognitive-behavioral strategies, group and family therapy and, most often, supportive and expressive individual psychodynamic psychotherapy modified for use with older adults. These modifications are minor and take into account a different perspective on time (as signaled, for example, by a tendency toward "life review") and specific content areas that have acquired greater importance in late life, such as retirement, marriage, grandchildren, leisure activities, housing and economic status. A psychology extern would carry two to three patients in the geriatric outpatient clinic.

Child and Adolescent Outpatient Service

The Child and Adolescent Outpatient Service is a comprehensive service that provides outpatient psychiatric treatment to children and adolescents ages five through 17. The patients present with problems spanning all DSM-IV diagnostic categories, are from diverse ethnic backgrounds, and include both Medicaid recipients and private insurance holders.

Services provided include individual, group and family therapy, psychopharmacology, individual parent counseling, parent support groups and coordination of community-based services (e.g., Administration for Children's Services, entitlements, Committee on Special Education evaluations and meetings, working closely with teachers, summer programs, etc.).

Trainees function as members of a team, where a balance between teamwork and independent creativity is fostered and encouraged.

Continuing Day Treatment Program/MICA

The Continuing Day Treatment Program (CDTP) provides long-term treatment for stabilized but more chronically ill patients who need daily structure and treatment to maintain their stability and movement toward improved quality of life. An interdisciplinary team provides individual psychotherapy, psychoeducational, social and recreational groups, special events, monitoring of health and medications and assistance with income maintenance and housing. Some of the patients have been able to move on to paying jobs in the hospital and community. CDTP also provides services for MICA (Mentally Ill Chemically Addicted) patients. These individuals suffer from substance abuse problems and also carry a major psychiatric diagnosis. The goal for all participants is abstinence from drugs and alcohol and compliance with prescribed medications and treatment, but in some cases a harm reduction model is used when clinically indicated.

Each client is assigned a primary therapist who provides individual psychotherapy, aids the client in identifying personal goals, and plans a program of groups and activities related to those goals. Services available include assessment, group and individual therapy, psychopharmacology, monitoring of medication, basic health needs and assistance with income maintenance and housing. An interdisciplinary team with various treatment orientations staffs the program.

Externs interested in substance abuse and its effects on individuals with psychiatric diagnoses may elect to work on this unit, where they would carry two individual patients and co-lead two groups.

Comprehensive Addiction Treatment Center (Day Treatment Program)

The CATC Day Treatment Program is a five-day per week, intensive outpatient rehabilitation program, utilizing both group and individual treatment modalities. In this rotation, externs will be able to work with patients with a broad range of substance abuse disorders, as well as many with co-morbid psychiatric disorders, within a community treatment setting. CATC offers trainees the unique experience of observing patients who are in acute stages of intoxication and withdrawal, as well as those who are further along in recovery.

Externs will have the opportunity to learn cognitive-behavioral, motivational Interviewing, and psychodynamic approaches to treating substance-abusing patients. Other learning opportunities include co-leading psychoeducational and psychotherapy groups, performing psychiatric assessments that include mental status examinations, and participating in triage for patients seeking detoxification or outpatient services. In addition, externs will provide psychological testing on the unit as needed. As members of the treatment team, externs attend and provide input on patients during team meetings.

Family/Youth Addiction Program

The Family/Youth Addiction Program (FYAP) is an outpatient chemical dependency program designed to meet the specific needs of youth who are at risk for substance use or have been significantly affected by a significant others' substance abuse. In addition, the program is designed to offer support services to those adult caregivers and significant others whose relationship with a youth has been significantly affected by chemical dependency. Outpatient

psychiatric services that include individual, group and family therapy, as well as psychopharmacology, are provided to children and adults from families that have been impacted by alcohol and/or substance abuse. A variety of group formats are provided to patients. The goal of the program is to provide psychiatric treatment as well as address and prevent the repetitive cycle of substance abuse and its related dynamics within families.

The opportunities for externs are diverse. Externs can work with patients of all ages in individual, group and family therapy. In addition, they can participate in psychoeducation and outreach. One team meeting per week is required (on Fridays), since different people on the team often treat many family members.

The Family Advocacy Program

The Family Advocacy Program (FAP) is a nationally recognized Child Advocacy Center (CAC) committed to the identification, assessment and treatment of children and adolescents who have been sexually assaulted, physically abused and/or neglected and their non-offending caretakers. FAP consists of a diverse and culturally sensitive multidisciplinary team including a specialized pediatrician, a psychologist, two social workers, an Administration of Children's Services (ACS) child protective specialist in addition to psychology students. Collectively, this team offers a vast knowledge of and extensive experience in working with children/families found/suspected of being victims of abuse or neglect. The services provided at FAP include, but are not limited to, specialized medical evaluations; forensic sexual assault examinations; forensic interviewing; individual, family and group therapy; parenting classes; and assistance with crime victims services.

The mental health component of the Family Advocacy Program offers many need-based services for individual child and family victims of trauma. On a short term basis, services include crisis intervention, psychoeducation about sexual abuse to parents and children, assistance with negotiating various social systems (e.g., ACS, school personnel) and/or law enforcement agencies as well as referrals to other services, as appropriate. On a more ongoing or long-term basis, comprehensive diagnostic psychological assessments are provided for the children and adolescents in the program to inform/guide individual, group and family psychotherapy. FAP's group program includes a parenting class and support group in addition to an adolescent trauma group. FAP's group program is growing and recently added a quilting group and parallel group for latency age children and their non-offending caretakers. Treatment/Intervention goals include personal safety, affect tolerance and regulation, self-esteem building, development of coping skills for managing anger and stress, communication and healing within the family system and increased sense of self-efficacy and empowerment.

Psychiatric Consultation/Liaison Service

The Consultation/Liaison Service (C/L) at Jacobi Medical Center provides psychiatric and psychological treatment to patients admitted to both the pediatric and adult medical and surgical units. Consults are requested from a variety of medical staff for several different psychiatric reasons, including evaluations for patients with mood disorders, psychotic disorders, suicide attempts, conversion disorders, anxiety disorders, delirium, dementia, trauma and substance abuse. In addition, consults are also requested for patients either newly diagnosed or with complications resulting from cancer, HIV/AIDS, hypertension, diabetes, asthma and other medical conditions. Therefore, externs have the unique opportunity to work with both child and adult patients presenting with a diverse blend of medical and psychiatric problems. The focus of

treatment on this service is short-term, largely consisting of a comprehensive psychological evaluation including a mental status exam and appropriate recommendations given to medical staff, with follow up treatment depending on the patient's presenting problem and length of stay on the medical/surgical unit. Not only will externs be able to participate in such evaluations, but they will also have the opportunity to be involved in discharge planning and weekly C/L interdisciplinary treatment team meetings. In addition, externs will be able to learn valuable skills in negotiating multidisciplinary relationships in order to ensure that the patient receives the best possible care.

Adult and Pediatric Consultation (HIV) Services (ACS/PCS)

The ACS/PCS Mental Health Service provides psychological services integrated with the outpatient medical care of adults, adolescents, and children infected and affected by HIV. ACS/PCS patients have complex and changing medical, psychosocial, and educational needs which are addressed via Mental Health Consultation, treatment planning and recommendation; individual, group, and family therapy; educational and developmental assessments; psychiatric evaluation and medication management. Ongoing Mental Health Staff training, multidisciplinary case conferences, MH team meetings, and MH case conferences stimulate professional growth and learning. Externs will have opportunities to provide assessment and consultation services, individual, group, and family therapy as well as assist in developing and providing adjunct mental health activities.

Department of (Physical) Rehabilitation Medicine

The DRM primarily provides inpatient services for adults in need of acute rehabilitation. Patients present with a variety of medical conditions ranging from Stroke, Head Injury, Multiple Sclerosis, Gunshot wounds, Amputees, people recovering from knee and hip replacements, severe burns, spinal chord injuries and other debilitating conditions. The role of the psychology intern/extern is to provide ongoing assessments and therapy for these patients and their families primarily in an inpatient medical setting. Common issues include PTSD, adjustment disorders, behavioral issues, long term concomitant psychiatric disorders, cognitive decline/dementia, and neuropsychological deficits. Students will become familiar with a variety of medical syndromes and interventions related to medical/health psychology, participate in interdisciplinary weekly meetings and learn assessment and treatment skills appropriate for this population.

Pediatric Neurodevelopmental Services

This Service provides neuropsychological and developmental assessments to children from birth through age 18. The focus of this rotation is the acquisition of knowledge regarding infant and child development and behavior. Interns/Externs on this Service will have the opportunity to interact and assess infants and children with a wide variety of developmental, learning and emotional problems. There is particular emphasis on prematurity, autism and behavior management. Several different assessment tools will be used including infant assessments such as the Bayley Scales of Infant Development.

**JACOBI MEDICAL CENTER
PSYCHOLOGY FACULTY**

Jill Conklin, Ph.D., Network Director of Psychological Services and Training

Ruhi Agharabi, M.A., Psychologist I, Child and Adolescent Outpatient Service

Rosemarie Alonso-Chatterton, M.A., Director, Family Intervention Program;
Assistant Dir. of Training

Diane Cadoret, Psy.D., Psychologist I, HIV Coordinator, Comprehensive Addiction Treatment Center

Katharine Chittenden, Psy.M., Psychologist I, Adult/Geriatric OPD

Fanchette Degaard, Ph.D., Unit Coordinator, 9E Discharge Readiness Unit

Penelope Demas, Ph.D., Director, Family Centered Care Program,
Adult and Pediatrics AIDS Consultation Service

Hersha Diaz, M.S., Psychologist I, Adult & Geriatric Outpatient Services

Alex Friedin, Psy.D., Psychologist II, Family/Youth Addiction Service

Steven Goldfinger, Psy.D., Psychologist II, Inpatient Detox

Gonzalez Roxanne, M.S. Psychologist I, Inpatient Psychiatry Service

Siri Harrison, M.A., Psychologist, Consultation & Liaison Psychiatry Service

Craig Kordick, M.A., Psychologist I, Inpatient Psychiatry Service

Harold Lifshutz, Ph.D., Psychologist II, Rehabilitation Service

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Dalia Spektor, Ph.D., Psychologist I, AIDS Primary Care Service

Diana Yava, Psy.D., Psychologist II, Adult & Geriatric Outpatient Services

Suheyla Zubaroglu, Ph.D., Psychologist I, Continuing Day Treatment Program and MICA Services

DIRECTIONS TO
JACOBI MEDICAL CENTER
1400 Pelham Parkway South
Bronx, New York

Jacobi Medical Center is located at 1400 Pelham Parkway South, in the Morris Park/Pelham Parkway neighborhood of the northeast section of the Bronx. All services are provided in old Jacobi Hospital (Building 1), new Jacobi Hospital (Building 6), the Nurses' Residence (Building 4) and the Jacobi Ambulatory Care Pavilion (Building 5).

BY CAR

Bronx River Parkway or Hutchinson River Parkway or New England Thruway (I-95) to Pelham Parkway. Exit on Williamsbridge Road (Right turn from Bx River Pkwy, Left from I-95 & Hutch). Take the Service Road to the Jacobi Hospital entrance.

BY SUBWAY

Take the IRT #5 or #2 train to East 180th Street, and then take the BX 21 Bus to Seminole Avenue (for Building 5). You can also take the IRT #5 or #2 train to Pelham Parkway or White Plains Rd, and the BX 12 Bus (Eastbound) to Jacobi Medical Center's main entrance.

BY EXPRESS BUS

New York Bus Service operates an express bus to Morris Park Ave from several points on the East side of Manhattan. The cost is \$5.00 each way; slightly less with a special Travel Card. For schedule and route information, call (718) 994-5500. Get off at either Williamsbridge Road for Building 5 or Eastchester Road for Building 1.