

**Queens Hospital Center,  
New York City Health and  
Hospitals Corporation  
Mount Sinai Services  
Psychology Externship Brochure  
2016-17**

Revised 10/21/15

**QUEENS HOSPITAL CENTER**  
**PSYCHOLOGY EXTERNSHIP PROGRAM**

**2016-17**

**Queens Hospital Center**

Queens Hospital Center is part of the New York City Health and Hospitals Corporation and is affiliated with the Mount Sinai School of Medicine. Thus, QHC combines the best of both worlds: a municipal hospital serving diverse populations, with a teaching hospital's emphasis on quality and training.

QHC is located in Jamaica, Queens and can be conveniently reached by public transit or car. QHC's surroundings are primarily residential; the neighborhood is one of the most culturally, racially and ethnically diverse areas in the United States, with a large immigrant population. Over 100 languages are spoken at QHC. Patients and staff come from all over the world, representing a multicultural mosaic of backgrounds, languages and beliefs.

The NYC Health and Hospitals Corporation is the largest municipal healthcare system in the US.

**Psychology Department**

Queens Hospital Center's Psychology Department is staffed by approximately 15 psychologists at any one time. These psychologists are integrated throughout the hospital and provide services in an adult outpatient clinic, partial hospital program, adult psychiatric inpatient service, child and adolescent outpatient clinic, child development unit, pediatrics service, primary care clinic, cancer center, Assertive Community Treatment (ACT) teams, and community schools. The Psychology Department is expected over time to play a leadership role in moving QHC behavioral health towards evidence-based practices.

The Psychology Department is committed to psychology training and intends to begin a pilot pre-doctoral internship program, under the Mount Sinai umbrella, in the next two to three years. APA-accreditation will be sought within a year or two thereafter, and the internship will be expanded, as appropriate.

**Primary Placements**

Ten primary placements are projected to be available in 2016-17: 3 on the Child and Adolescent Outpatient Unit; 2 on the Adult Outpatient Unit; 2 on the

Adult Inpatient Unit; 1 on the Assertive Community Treatment Team; 1 in the Pediatrics Clinic; and 1 on the Neuropsychological Assessment Service. Patients at all placements have diverse cultural backgrounds, diagnoses and clinical needs; generally, they represent underserved populations.

All primary placements are at least 14 hours/week (excluding lunch), and Fridays are mandatory (at least until 1 PM).

Students may apply to be considered for only one primary placement.

### Child and Adolescent Outpatient

QHC's child and adolescent outpatient services are comprised of two programs: a hospital-based clinic for children from 3 to 18; and an outpatient program housed in three Queens public schools for pre-K, Kindergarten, elementary, middle and high school students. Externs participate in both programs, which typically serve the same multi-stressed, ethnically diverse population, albeit in different settings. Common diagnoses include ADHD; separation, social, and other anxieties; PTSD; depression; pica; ODD; and bipolar disorder. Externs generally perform intake assessments; provide individual, family, and group therapy; engage in parent education and training; conduct classroom observations; develop and implement behavioral interventions in the schools; perform crisis interventions; consult with the multi-disciplinary treatment team, school personnel, and community supports; and actively work with families.

### Adult Outpatient

The QHC adult outpatient unit employs a multidisciplinary treatment approach to serve a diverse group of high risk patients. Patients present with the full range of DSM diagnoses, including schizophrenia, PTSD, anxiety, OCD and mood disorders. Externs typically are involved in all phases of the outpatient process: performing intake assessments; developing and updating treatment plans; providing individual, group, family, and/or couples therapy; collaborating with the interdisciplinary team; attending disposition and other staff meetings; and consulting with families and community supports. The Psychiatry Department is moving towards shorter-term, relatively focused, evidence-based treatments, and it is hoped that externs can play a role in facilitating this transition.

### Adult Inpatient

QHC's inpatient psychiatric units address the multiple needs of patients with acute psychiatric symptoms in a multi-disciplinary therapeutic environment. Externs are fully incorporated into and are active participants in the therapeutic milieu. Externs enjoy ample opportunity to meet with patients

individually, co-lead groups, participate in morning rounds, contribute to discussions of patient progress and treatment approaches, and provide psycho-education to increase insightful compliance and reduce recidivism. This placement provides insight into the strengths and challenges of the inpatient level of care, and its role in the psychiatric care continuum. Externs have close, frequent, and constructive supervisor contact.

### *Assertive Community Treatment*

The ACT program is an intensive, consumer-driven, highly successful approach to working with patients with chronic mental illness who cannot be treated in traditional therapeutic settings. Services are provided by an interdisciplinary team in such settings as homes, shelters, coffee shops, or other locations that the patient selects. Externs typically are fully integrated into the team, attending morning rounds, accompanying mental health professionals from all disciplines on home or other community visits, participating in treatment planning, providing supportive psychotherapy, and performing brief assessments. Students are particularly encouraged to check out this exciting, evidence-based program that represents an important future trend in clinical service delivery.

### *Pediatrics*

QHC's pediatrics clinic provides primary care to children from birth to age 18. As part of a pilot program, a psychologist currently offers brief, symptom-focused mental health services on the unit to those patients and/or their caregivers. The extern is expected to work as part of an interdisciplinary team that includes general pediatricians, pediatric endocrinologists, nutritionists, geneticists, and speech and occupational therapists. The extern will help provide up to six sessions of interventions for sub-clinical problems (e.g., sleeping, toileting, eating, tantrums, fears) and mild to moderate psychiatric disorders (e.g., ADHD, depression, anxiety, disruptive behavior). The long-term goal of this effort is to develop a comprehensive, integrated system of physical and behavioral health care for the children at QHC.

### *Neuropsychological Assessment*

Neuropsychological testing is provided throughout QHC, for in- and out-patients, with special emphasis on supporting psychiatry units. Common referrals involve making differential diagnoses (e.g., depression vs. dementia) and characterizing cognitive deficits to facilitate treatment planning. Typically patients are referred from psychiatry (e.g., schizophrenia, mood disorders), neurology (e.g., TBI, stroke, movement disorders), and medicine (e.g., autoimmune and endocrine disorders). Externs are expected to handle, under supervision, all aspects of the testing process, including scheduling and preparing patients for appointments, obtaining complete histories,

administering, scoring, and interpreting tests, preparing comprehensive reports, and providing feedback to patients and referral sources

## **Secondary Placements**

Additional experience may be available to an interested extern, who wishes to work at QHC more than the 14 hours/week (s)he is assigned at the primary placement. These opportunities include running groups in the adult outpatient unit, partial hospitalization program, cancer center, or primary care unit; gaining experience in a psychiatric inpatient or medical unit; performing neuropsychological assessments; and conducting individual, group and family treatment with outpatient children and adolescents

Scheduling restrictions apply to many of these activities. Given these scheduling limitations, no promises can be made in advance about which secondary placements, if any, will be available to a particular student. That being said, we are committed to meeting externs' training needs, and do our best to find secondary placement opportunities that are meaningful to our externs. (For example, interested 2014-15 and 2015-16 externs all received secondary placements that were among their top choices.)

After a student has accepted an externship offer for a primary placement, QHC's Training Director will discuss the extern's interest in secondary activities and the scheduling requirements that may be involved.

## **Testing**

An extern is expected to complete comprehensive psychological assessments at a primary placement, as follows:

<u>Primary Placement</u>	<u>Number of Evaluations</u>
Child and Adolescent Outpatient	2
Adult Outpatient	2
Adult Inpatient	1 to 2
Assertive Community Treatment	1
Pediatrics	1 to 2
Neuropsychological Assessment	10 to 20

## **Other Externship Activities**

As part of their professional development, externs will attend hospital grand rounds, participate in didactics, receive guidance on next career steps (e.g., externship or internship), and make case presentations. These activities occur on Fridays, a mandatory day (at least until 1 PM) for all externs.

## **Supervision**

Externs are closely supervised by doctoral-level licensed psychologists, and receive at least one hour per week of individual supervision for primary placements. Secondary placements arrange supervision, based on extern training needs. QHC supervisors represent a diverse range of theoretical orientations, including psychodynamic, cognitive, behavioral, cognitive-behavioral, and family systems. Over time, increasing emphasis will be placed on evidence-based treatment approaches.

## **Scheduling Requirements for Primary Placements**

The externship is approximately ten months, beginning September 9, 2016 and ending June 16, 2017.

Externs' primary placements are at least 14 hours/week (excluding lunch). Depending on the placement, this time may be spread over 2 or 3 days, one of which must be Fridays at least until 1 PM.

Additional scheduling requirements for primary placements:

Child and Adolescent Outpatient – 14 hrs./week must include at least 5 consecutive school hours on one day (except Friday), and at least until 6 PM on that day or another

Adult Outpatient – 14 hrs./week may include one evening

Adult Inpatient – 14 hrs./week must include Thursday and Friday from 8:30 AM to 3:30 PM

Assertive Community Treatment – 14 hrs./week must include one day (except Friday) from 9 AM to 5 PM, and on the following day at least from 9 to 11 AM (to participate in the team discussion of the patients seen by extern on the previous day)

Pediatrics – 14 hrs./week must include Thursday, as well as Tuesday, Wednesday or Friday

Neuropsychological Assessment – 14 hrs./week must include Monday, Tuesday or Thursday

## **Scheduling Requirements for Secondary Placements**

Students who are accepted to a primary placement may request a secondary placement that requires additional hours beyond the 14 hours/week allotted to the primary placement. Typically these secondary placements require anywhere between 2 and 7 hours/week, and run from 6 weeks to 10 months, depending on the unit.

After a student has accepted an externship offer for a primary placement, QHC's Training Director will discuss the extern's interest in secondary activities and scheduling possibilities.

## **Applicant Qualifications**

Applicants must be enrolled in an APA-accredited clinical, school, health, clinical neuropsychology, or counseling psychology program. Students will be considered only if they have already provided psychotherapy, under supervision, for at least one academic year at the time externship begins. Students who are concurrently applying for internship will not be considered.

## **Application Procedures**

QHC complies with the PSYDNYS-NYNJADOT Externship Guidelines, and will not accept applications until 1/19/16. Applications will no longer be accepted after 5 PM on 2/17/15.

Applicants should provide in electronic format:

- a CV;
- a writing sample (If applying for a primary placement in Neuropsychological Assessment, the sample must be a test report; a neuropsychological test report is preferred);
- a letter of eligibility for externship from the doctoral program director, including the maximum number of hours that the student may spend on externship;
- two letters of recommendation (If applying for a primary placement in Neuropsychological Assessment, at least one letter must be from a testing supervisor. If applying for a primary placement on other units, at least one letter must be from a therapy supervisor); and

-- a cover letter, including a statement indicating which primary placement the student is seeking

Letters of reference and eligibility should be in PDF format, signed and on organization letterhead.

Applicants who are seeking a primary placement in Neuropsychological Assessment should additionally provide:

-- a list of neuropsychological/psychological tests administered; and

-- a list of relevant graduate level courses (e.g., neuropsychology, assessment, cognition, psychometrics).

A complete application, with all components included, should be sent at one time. Piece-meal submissions are not accepted.

Complete applications should be directed, via email to:

Leslie Bogen, J.D., Ph.D.  
Director of Psychology  
Queens Hospital Center  
82-68 164th St.  
Jamaica, NY 11432  
bogenl@nychhc.org

## **Interviews and Offers**

Interviews will occur between 1/21/2016 and 2/23/2016. Selected applicants will meet with at least two QHC psychologists and should allot a two hour time slot for the interview process.

In accordance with the PSYDNYS-NYNJADOT guidelines, the earliest date on which an offer can be made is 2/29/16. Offers will be made, via email, between 9 AM and 5 PM on that day or thereafter until the positions are filled. These emails will specify the primary placement that is being offered.

## **Questions**

Students are respectfully asked not to contact QHC with questions that are addressed in the brochure or FDU Wiki, or that can wait until scheduled interviews.