

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 is a municipal hospital 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.

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 at least in their second year of a clinical, school, counseling, or health doctoral program. 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.

Externship students participate in selected clinical functions under the supervision of psychologists and professional staff from other disciplines. The externship program also provides opportunities for students to participate in a variety of didactic and other clinical experiences, including inpatient milieu treatment, weekly team meeting and a weekly didactic seminar.

Psychology Externship Training at JMC

JMC externship program will begin on Friday, September, 18th, 2015 and will end on Friday, June 17th, 2016. Students are required to attend externship for 20 hours (3 days) a week.

Externship placement is available at the following services:

1. Adult Inpatient Psychiatry (one of the four inpatient units includes services for monolingual Spanish-speaking patients)
2. Family Advocacy Program
3. Comprehensive Addiction Treatment Center
4. Rehabilitation Medicine
5. Pediatric Neurodevelopmental Services

Students will have the option of attending an Inpatient Psychiatry rotation for the entire nine months, or divide the year into two separate 4.5-month-long rotations. All students are required to attend at least one rotation on an Inpatient Psychiatry unit.

Final rotation placement will be determined by the externship director based on the student's preference and available days, the service's available slots and other particular requirements.

Students who want to participate in the externship program will be asked to provide a letter from their DCT verifying that the school permits the student to attend externship for 20 hours, 3 days a week.

Schedule:

Days at the externship program are individualized for each student and are based on the student's available time and their rotation placement. While attending the inpatient rotation, externs are expected to be present on the unit during the morning hours, 3 days a week. Fridays 12:30-2:00 pm is a mandatory time for all externs.

Days off:

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

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. Interested externs will be given an opportunity to administer at least one testing battery during the year. 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.

In addition, externs are assigned a number of focal testing that include one or two testing instruments, for the purpose of helping clarify diagnosis and gaining insight into patient's dynamics as it relates to treatment objectives.

Each service has its own population and externs will learn and use assessment techniques and assessment instruments that are commonly used at the particular service. Externs will also have the opportunity to do neuropsychological screening on some placements.

Seminars

All Psychology Externs attend a weekly one-and one-half hour seminar each Friday, which covers a broad range of topics including: risk assessment, treatment of psychoses, Relational Psychotherapy, family and group therapy on inpatient, a testing seminar, Motivational Interviewing and psychological issues in addiction. 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. Externs are also invited to attend weekly Jacobi Medical Center/Psychiatry Grand Rounds.

Application Procedures

Please submit all of the following information in your application:

- Your CV
- A cover letter describing your clinical experience and interests (1 page)
- An Autobiographical statement: Tell us about yourself in 500 words or less
- A work sample (an intake or a test report)
- Two letters of recommendation.
- Eligibility letter signed by your DCT verifying that the school permits you to attend externship for 20 hours (Two and a half days) a week.

How to submit applications?

- By Email to: Jakob.Meydan@NBHN.NET

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

Externship application and acceptance process:

- The beginning date to submit applications is NO EARLIER THAN January 20, 2015 at 9:00 am.
- Offers will be made no earlier than 10:00am on March 2, 2015.
- After receiving an offer, students will have until 10:00 am on the next day (including the day of the offer) to accept or reject the offer. For example, an offer made any time on Monday must be accepted or rejected by Tuesday at 10 am. If an offer is made on Friday, the student has until Monday at 10:00 am to accept or reject the offer.
- Upon request, students may be granted additional time by JMC externship program director.

INPATIENT ROTATIONS

Psychiatry

The four inpatient units at Jacobi Medical Center provide treatment for people with acute psychiatric disorders. One of the inpatient units is designated as a bicultural unit, in which Spanish language services are provided to monolingual Latino patients. Patients are typically admitted to the inpatient units involuntarily, with length of stay averaging one 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 individual, his/her past, and his/her 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 maintain a caseload of one to three 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 to two psychotherapy groups each week with either the supervising psychologist or the psychology intern on the unit.

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 developing treatment plans and dealing with insurance companies, an experience crucial in today's managed care environment. The supervising psychologist on the unit will provide weekly supervision on the extern's cases, weekly group supervision and family therapy supervision if pertinent. Testing supervision is rotated among psychology staff members.

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, Traumatic injuries, Amputees, elective 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.

OUTPATIENT ROTATIONS

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, two psychologists, two forensic social workers, and an Administration of Children's Services (ACS) child protective specialist in addition to several psychologists-in-training. 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 FAP offers many need-based services for child and family victims of trauma. On a short-term basis, services include crisis intervention, psychoeducation about trauma 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. For longer-term treatments, comprehensive diagnostic psychological assessments are provided for the children and adolescents in the program to inform individual, group and family psychotherapy. Our approach to treatment incorporates a family-based and relational treatment model, where trauma-informed cognitive-behavioral treatment strategies are also used. The FAP group program includes a parenting class and support group, an adolescent trauma group, and a parallel group for latency age children and their non-offending caretakers. In 2013, we added a song-writing/expressive arts group for adolescents. Common treatment goals across the modalities 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.

Psychologists-in-training are a valued part of our FAP multidisciplinary team. As part of the 20-hour weekly commitment to externship (roughly 2 ½ days), externs are expected to participate in group supervision and team meetings each Tuesday from 1-3pm. Friday didactics are organized each week off-site from 12:30-2pm. Externs can add an additional day on either Monday or Thursday (e.g., Mon, Tues, Fri or Tues, Thurs, Fri). To accommodate our families' after-school schedules, externs should expect to stay at least one evening until 6:30 pm.

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. 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.

Comprehensive Addiction Treatment Center Day Program

The CATC Day Treatment Program is a five-day per week, intensive, harm-reduction based, outpatient treatment program for patients in various stages of recovery from substance use disorders. Working in both group and individual modalities, the extern has the opportunity to follow patients from their first day of admission and well into their recovery in outpatient treatment. In this way, externs are thoroughly immersed in the challenging process of working with patients as they progress through the different phases of treatment.

Externs carry a caseload of patients in the Day Treatment Program in addition to running psychoeducational and psychotherapeutic groups. While the emphasis is on group therapy, the intern is expected to work individually with the patients on his or her caseload and is responsible for doing psychiatric assessments which include mental status exams, completing psychosocial evaluations, developing comprehensive treatment plans and managing overall treatment of the patient. As a member of the treatment team, interns attend all clinical rounds and interdisciplinary staff meetings.

JACOBI MEDICAL CENTER

PSYCHOLOGY FACULTY

Fanchette Marguerat-Degaard, Ph.D., Psychologist III, Acting Director of JMC Psychological Services and Training

Jakob Meydan, Psy.D., Psychologist III, Assistant Director of JMC Internship Program; Director of JMC Externship Program

Ruhi Agharabi, Psychologist I, Inpatient Psychiatry Service

Jonathan Ausubel, Psy.D., Psychologist II, Adult & Geriatric OPD

Carlos Bagger, Ph.D., Psychologist I, Inpatient Psychiatry Service

Katharine Chittenden, Psy.D., Psychologist II, Pediatric Consultative Services

Justin Clavadetscher, Psychologist I, Inpatient Psychiatry Service

Arturo Corrales, Psy.D., Psychologist II, Bariatric Surgery Service

Alexia Electris, Ph.D., Psychologist I, Consultation Liaison Service

James Ellis, Ph.D., Clinical director, Comprehensive Addiction Treatment Center

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

Craig Kordick, Ph.D., Psychologist II, Inpatient Psychiatry Service

Todd Kray, Ph.D., Psychologist II, Adult Consultative Services

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

Lisa Martin, Ph.D., Psychologist II, Adult & Geriatric OPD

Whitney Maynor, Ph.D., Psychologist II, Family Advocacy Program

Demitrios Mellos, Ph.D., Psychologist I, Consultation Liaison Service

Molly Nozyce, Ph.D., Director, Pediatric Neurodevelopmental Services

Michael Tamburino, Ph.D., Psychologist I, Consultation Liaison Service

David Ullmann, Psy.D., Psychologist II, Adult & Geriatric OPD

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) and new Jacobi Hospital (Building 6).

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.