

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.

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, 21st, 2012 and will end on Friday, June 21st, 2013.

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. Rehabilitation Medicine
4. Pediatric Neurodevelopmental Services

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

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

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. All externs are expected to attend didactics on Fridays 12:30-2:00 pm.

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. 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

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, family 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. Externs 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 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 (3 days) a week.

Jakob Meydan, Psy.D.
Director of Externship Training
Jacobi Medical Center
Building #4, Room 5S18
1400 Pelham Parkway South
Bronx, N.Y. 10461

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 17, 2012 at 9:00 am.
- Offers will be made no earlier than 9:00 am on March 5, 2012.
- After receiving an offer, students will have until 12:00 p.m. on the 2nd business day to accept the offer. For example, an offer made any time on Monday must be accepted by Wednesday at 12 p.m. Upon request, students may be granted additional time by JMC externship program director.

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 (which can take up to 6 months). 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 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 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.

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, 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. Our approach to treatment is predominately incorporates a family-based and relational treatment model. Trauma-informed cognitive-behavioral treatment strategies are also utilized. The FAP group program includes a parenting class and support group, an adolescent trauma 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.

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.

JACOBI MEDICAL CENTER
PSYCHOLOGY FACULTY

Jill Conklin, Ph.D., Network Director of 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, Child and Adolescent Outpatient Service

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

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

Penelope Demas, Ph.D., Director, Family Centered Care Program, HIV Services

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

Roxanne Gonzalez, Psy.D., Psychologist I, Inpatient Psychiatry Service

Kendra Haluska, Psy.D., Psychologist II, Pediatric Consultative Services

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

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

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

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

Anand Patel, Psy.D., Psychologist I, Inpatient Psychiatry Service

Dalia Spektor, Ph.D., Psychologist II, Adult Comprehensive Service

Diana Yaya-Patel, Psy.D., Psychologist II, Adult & Geriatric OPD

Suheyla Zubaroglu, , Ph.D., Program Director Comprehensive Addiction Treatment Center

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.