

# Externships in Clinical Psychology

## 2021 - 2022

Division of Psychological Services  
Department of Psychiatry  
Long Island Jewish Medical Center, Zucker Hillside Hospital  
*Northwell Health (formerly North Shore - LIJ Health System)*

*Stewart Lipner, PhD*  
*Director, Psychological Services*

*Elihu Turkel, PsyD*  
*Director, Psychology Training*

TRACK (click on track to skip to that section)	COORDINATOR	OPENINGS
<a href="#">Adult</a>	<a href="#">Jimmy Kim, PsyD</a>	4
<a href="#">Geropsychology</a>	<a href="#">Rita Ryan, PhD</a>	7
<a href="#">Clinical Neuropsychology</a>	<a href="#">Paul Mattis, PhD, ABPP-CN</a>	7
<a href="#">Child Psychology</a>	<a href="#">Stephanie Solow, PsyD</a>	13-17
<a href="#">Trauma</a>	<a href="#">Mayer Bellehsen, PhD</a>	2
<a href="#">Bipolar</a>	<a href="#">Alison Gilbert, PhD</a>	1
<a href="#">OCD</a>	<a href="#">Anthony Pinto, PhD</a>	1
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**Must Read → [OTHER INFORMATION FOR ALL APPLICANTS](#)**



## The Professional Setting

Long Island Jewish Medical Center (LIJMC), a member of *Northwell Health* (formerly North Shore – LIJ Health System), is a voluntary tertiary care, non-profit medical center. The three divisions, *Long Island Jewish Hospital*, *Zucker Hillside Hospital* and the *Steven and Alexandra Cohen Children's Medical Center*, are all situated on a 48-acre landscaped campus in New Hyde Park on the border of Queens and Nassau counties, 15 miles east of Manhattan. The Medical Center and its affiliates serve patients from some of the most diverse ethnic, cultural and economic backgrounds. As a partner in the **Donald and Barbara Zucker School of Medicine at Hofstra/Northwell**, Northwell's graduate medical education program is one of the largest in New York State.

**Long Island Jewish Hospital** provides comprehensive inpatient and outpatient care in all major medical and surgical specialties. It functions as a regional resource for greater Long Island and is in the vanguard of modern medicine in terms of treatment, facilities and research. Long Island Jewish Hospital is a 452-bed tertiary adult care hospital with advanced diagnostic and treatment technology, and modern facilities for medical, surgical, dental and obstetrical care.

**Zucker Hillside Hospital (ZHH)**, the psychiatric division of the Medical Center, sponsors psychiatric inpatient, partial/day hospital, and outpatient programs for children, adolescents, adults, and older adults. Psychiatric Emergency services at LIJMC are provided by staff from Zucker Hillside Hospital. Several satellite service programs staffed and administered by Zucker Hillside Hospital, are located in surrounding communities. In addition, Zucker Hillside Hospital has a large Research Department well known for its leadership in contemporary clinical research.

**Steven and Alexandra Cohen Children's Medical Center (CCMC)** is a tertiary hospital committed to comprehensive care of children, from infants to young adults. The hospital has 154 beds arranged in separate units on five floors, as well as a dedicated Emergency Service and surgical facilities. Each unit has its own nursing and social work staffs, as well as playrooms. CCMC provides treatment for every condition from childhood diseases to cancer and epilepsy. There are special services for Lyme Disease, the deaf, food allergies and dentistry among others. CCMC is also a research hospital with ongoing work in such areas as depression, hyperactivity, cancer, eating disorders and congenital malformations. The hospital's Cohen Children's Medical Center **ON CALL** Program provides pediatricians for families when their own pediatrician is unavailable.

**North Shore University Hospital (NSUH)** in Manhasset is a tertiary care facility that is one of the cornerstones of Northwell Health. It was named the nation's top hospital by AARP's Modern Maturity magazine. The hospital has 731 beds and a staff of approximately 2,700 specialist and subspecialist physicians. It offers the most advanced care in all medical specialties, including open-heart surgery, neurology, neurosurgery, urology, and maternal-fetal medicine. The hospital also excels in intensive care for medical, surgical, newborn, and pediatric patients.

### **Feinberg Division of the Unified Behavioral Health Center for Military Veterans and their Families**

Located in Bay Shore, Long Island, the Center represents a first-of-its kind public-private partnership between a VA Medical Center and a not-for-profit health system to evaluate and treat veterans and their



family members (including children) under one roof, with a cross-talk methodology to optimally treat the family unit. The Center has received Congressional attention and was evaluated by the RAND Corporation as this model of care represents a unique, collaborative effort towards advancing behavioral health for military/veteran families.

**Northwell Health Neuroscience Institute** was established in 2006 and is a multidisciplinary continuum of neuroscience programs that combines medicine, scientific research and technology, clinical programs, surgical techniques and education to advance the diagnosis and treatment of neurological diseases and disorders. The Neuroscience Institute consists of neurospecialists dedicated to providing high-quality, world-class medical and surgical care, while maintaining the highest ethical standards. Including both the Departments of Neurology and Neurosurgery, clinical services are provided throughout the health system, including neuropsychology. The Neuroscience Institute includes the 35-bed program at LIJ and the 25-bed program at NSUH. This includes the Epilepsy Monitoring Units which has eight beds within the NSUH and LIJ, as well as in the 16-bed stroke unit at NSUH.

**The Health Sciences Library at the Long Island Jewish Medical Center** is an integrated system. All externs are eligible for library privileges. The library is open to the public for use of on-site collections and photocopying or viewing of consumer health videos. Resources include MEDLINE, OVID, PubMed, ACP Medicine & ACS, Federal Register, Surgery, StatRef, Associations and Governmental/Healthcare Sites, MDConsult, Electronic and Print Journals, Books on Cultural Diversity, Consumer Health, Electronic Textbooks, and Health and General Reference.

## **Our Values Regarding Diversity**

Northwell Health provides services to a diverse clientele that mirrors the cultural richness of the New York City metropolitan area. Northwell Health clientele are diverse with respect to race, ethnicity, religious faith, sexual orientation, age, disability status, and life experience. We believe that diversity is a rich resource for personal and professional development. We value the diversity of our staff and trainees and believe that their many backgrounds strengthen our institution. The Long Island Jewish Medical Center serves Nassau and Suffolk counties as well as the borough of Queens, which is the most diverse county in the nation, with over 170 languages spoken inside the county.

Northwell Health promotes equal opportunity and non-discrimination and welcomes applications from all qualified students regardless of race, ethnicity, religious faith, sexual orientation, age, or disability status as defined by applicable law. Qualified members of minority groups that have historically been under-represented are especially encouraged to apply.

Several years ago the Division of Psychological Services formed a Diversity Training Council. The council is made up of psychology staff and trainees and aims at defining and promulgating best training practices to promote respect for diversity, to raise concerns and promote solutions. In addition, it provides a forum for mentorship and connection among a diverse group of staff and trainees. In the past two years the Council has sponsored mentor lunches devoted to women's' career trajectory and



mentorship. These forums were heavily attended, received strong feedback and more are being scheduled. The Diversity Council has been gaining momentum in terms of members and it coordinates efforts with the Northwell's Office of Diversity and Health Literacy and Equity.

Finally, Northwell Health has been named one of the nation's top health systems for diversity, ranking second nationally and No. 1 in New York State, according to DiversityInc's top Hospitals & Health Systems for Diversity list (see "Top Hospitals and Health Systems"). Northwell made the list for the seventh straight year, jumping up the rankings from No. 5 a year ago. This was the second such honor this year for Northwell Health, which was named a Fortune Best Workplace for Diversity

## OUR RESPONSE DURING COVID-19

When COVID-19 struck New York in mid-March, Northwell Health quickly mobilized to confront the pandemic by surging to treat an influx of patients as well as by developing and implementing methods to protect its health care providers. As the largest health care system – and the largest private employer – in New York State, Northwell with the guidance of CEO and President, Michael Dowling, worked with Governor Andrew Cuomo to treat and study the virus, launch research into therapeutics and outcomes and provide testing to the health care and larger community. As New York went on “pause”, ZHH ambulatory services immediately transitioned to remote operations and developed methods to conduct and track intake appointments, individual and group therapy and medication management via several telehealth platforms. Staff on inpatient services staggered their schedules to reduce congestion and patient care was adjusted to adhere to social distancing. Patients were monitored and those showing signs of infection were tested with positive cases transferred out either to the medical hospital or to specialty psychiatry units at other Northwell facilities. As a result, the infection rate for patients remained very low and staff remained safe (as antibody testing later showed). Respite and reflection stations were set up on campus for the benefit of staff and a Coronavirus webpage tracked updated educational and policy information about the virus for Northwell staff. During this time the decision was made for all trainees to work remotely and this remained in place for the remainder of the training period. Trainees' outpatient work, didactics and supervision were smoothly transitioned to video-based or telephone-based platforms and efforts were made to provide some connection to patients and families on inpatient units through staff-assisted video or telephone sessions. In addition, two of our senior psychologists with noted expertise in trauma work launched a large initiative to provide relief and support to the front line medical providers. Trainees were eager to be involved in this by obtaining certification in Psychological First Aid (PFA) and Skills for Psychological Recovery (SPR) through online training provided by the National Child Traumatic Stress Network. Over 500 group and individual encounters with front-line staff took place. Individual and group supervision was provided and there was a weekly video conference dedicated to presentations and discussions related to PFA/SPR. While relieved of the commute and protected from exposure to patients and staff, the trainees had much to cope with, often balancing child-care and personal space issues with their workload; they managed to accomplish this with resilience, mutual support and flexibility. All interviews, didactics, supervision and meetings are taking place on Zoom or Microsoft Teams for the duration of the current training year. Trainees are provided with the required PPE. All inpatients must test negative for COVID before being admitted and all staff and visitors are monitored (e.g., via thermal and mask detection units posted at entrance points). Our gym was converted into a “Tranquility



Space” so that all staff are able to take a few moments during their day to reflect and refuel. This Tranquility Space is a calming environment with access to a Resource Station (with both system and local wellness guides and resources), a Self-Reflection Station (with coloring activities, a gratitude garden, mindfulness/journaling activities and more) and a Stretching Station (with yoga mats, blocks, stretching bands and other stress relief tools).

Currently, ambulatory service staff are all operating remotely and as of this writing there are not yet plans to change that. Even when all services are on-site, many of the adaptations will remain, including social distancing, PPE and vigilant hand hygiene. We have learned a great deal about safety and treatment since the onset of this pandemic – Northwell has treated the most COVID patients in New York – and we will continue to adapt together and implement new safety precautions as needed.

## Externships in Clinical Psychology

The pre-doctoral Externship Program in Clinical Psychology at Long Island Jewish Medical Center has been in existence since the 1970s. The Externship now includes over 50 doctoral students in diverse clinical activities. Extern placements are part-time, unfunded positions.

The growth of training opportunities for psychology students has paralleled the growth of psychological services and of the Medical Center. Today, psychologists contribute to many aspects of patient treatment. In addition to direct patient care, psychologists participate in research projects and apply their skills in many settings within the Medical Center and in community agencies affiliated with the Medical Center. Externs often work in consultation and collaboration with staff from other disciplines.

***Please Note: The information below is based on current expectations and is subject to change in the event of changes in programming or staffing.***

*Required hours and days, applicant qualifications and application materials may be different for the various tracks and placements. Please see each section for details.*

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## ADULT EXTERNSHIP TRACK Zucker Hillside Hospital

The Adult Externship track takes place in one of the following *concentrations*:

- **Acute Care Concentration**
- **Health Psychology: Behavioral Health Concentration**

The externship is twelve months. (Accommodations will be made in the event that an extern will begin an internship before the end of the training year and may involve a temporarily increased workload to offset early termination). Externs are permitted the equivalent of four weeks of vacation (sixty-four hours) during the twelve-month training year; requests for time-off must be cleared with supervisors in advance. Externs will be encouraged to utilize all of their allotted vacation time, however, externs will not be permitted to take the time off during the last two weeks of their placements in order to provide continuity of care for the patients. A total of one hour per week of individual supervision (with additional time if required by caseload) is provided in all concentrations. Another hour every two weeks which includes didactics as well as group supervision is offered for several concentrations as specified below.

### *ACUTE CARE CONCENTRATION (3 SLOTS):*

Externs in this concentration will center their training on the Acute Care Psychiatry (Adult Inpatient) Service. This service consists of ten inpatient units with a total of 200+ beds where patients are treated for a range of severe psychopathological disorders.

Externs are assigned to work with a licensed psychologist on one of the inpatient units applying empirically supported treatment approaches for group and individual psychotherapy. The service operates in the context of a multidisciplinary professional team. Externs will also have the opportunity to develop an apprentice relationship with the inpatient psychologist and to participate in team meetings, patient-staff community meetings and individual supervision. In addition, externs will participate in specialized training initiatives (such as the Office of Mental Health’s “Preventing and Managing Crisis Situations” program) as well as in program evaluation – opportunities which are sometimes only encountered post-internship. The psychology inpatient team at Zucker Hillside Hospital has been coordinating the expansion of psychosocial approaches and has been involved in training other disciplines and in developing methods of evaluating progress. Aside from the exposure to their licensed supervisors, externs in this concentration may be able to share some clinical and educational experiences with psychology interns and psychology fellows rotating through this setting. In addition, externs are provided with a bi-weekly seminar designed to serve as a vehicle for case discussion as well as didactic clinical presentations by a diverse group of training faculty. **Applicants to the Clinical Focus sub-track should be prepared to devote 16 hours over at least three nonconsecutive days a week in a seven-hour day/five-hour day/four-hour day configuration (Monday is a required full day).** (For example: Monday 7 hours / Wednesday 5 hours / Thursday 4 hours.)



### **Seminar/Case Conference (1 hour every other week):**

Externs participate in bi-weekly meetings held on Mondays at 3-4 PM. After initially serving as an extended orientation, the seminar meetings offer the opportunity for didactic presentations as well as case conferences. Psychology training faculty members rotate as leaders of these meetings, assuring the externs exposure to a variety of approaches and styles.

### **Psychological Testing**

Psychological testing is *not* currently offered as a routine training experience for psychology externs in the adult track. However, interested externs may be apprised of testing opportunities as they arise. At times, externs have been paired with interns to work on testing cases. If desired, this voluntary experience may involve additional time beyond the 16 hours per week and would require the approval of the extern's DCT.

### **Customized Educational Experiences**

While the current configuration of resources allows for the above-described experiences, it has sometimes been possible for externs to negotiate for other activities (such as neuropsychological testing, structured interviewing, research or work with other populations) to be included in their training. These tailored arrangements would need to be created once the extern has been accepted and with the approval of the externship leader and the relevant supervisors.

### ***HEALTH PSYCHOLOGY: BEHAVIORAL HEALTH CONCENTRATION (1 SLOT EXPECTED):***

This clinical training experience provides an advanced extern with outpatient and inpatient experience in the areas of Behavioral Medicine and Clinical Health Psychology. The extern will be a team member of the Behavioral Cardiology Service and the Northwell Division of General Internal Medicine's primary care practice. Responsibilities will include conducting diagnostic and specialized health assessments, providing individual and group psychotherapy, and participating in the management of chronic medical conditions (e.g. Type 2 diabetes, cardiovascular conditions) through interdisciplinary intervention and case consultation. The extern will participate in a grant-funded program to enhance inter-professional education and training in primary care. Training will focus on consultation and brief treatment competencies essential to providing psychological services in outpatient medical settings. The extern's *responsibilities extend to the inpatient service*, which is where the extern will spend a portion of the placement. The Behavioral Cardiology inpatient experience will take place on various cardiac units throughout the hospital including intensive care and the post-surgical cardiothoracic unit. Responsibilities will include conducting behavioral health screens, adherence assessments, and brief cognitive assessments with a focus on facilitating adjustment to illness and supporting behavioral change. The extern will utilize the Stages of Change model and Motivational Interviewing techniques to help patients modify cardiac risk behaviors. There will be opportunities to complete full psychological assessments on patients being considered for mechanical heart support and heart transplant listing. Research opportunities will be available and independent



research encouraged. *This experience involves a commitment of two full business days (for a total of 16 hours per week). Thursday is a required full day.*

Externs in this concentration are encouraged to attend the Monday afternoon seminar for all Adult Track externs (described in the previous section) if the schedule permits.

### ***To Apply to the Adult Externship Track***

The applicant must be a candidate for the Ph.D. or Psy.D. in a psychology program in clinical, counseling, school, health, or other relevant area of Health Service Psychology, or be enrolled in a qualified re-specialization program. *Applicants should have at least one year of prior externship or practicum experience in clinical settings (i.e., for most applicants, they will be in the third or fourth year of graduate school).*

To apply, upload the following materials to the APA Externship portal at <https://nynjadot.apa.org/>

- a cover letter (please indicate which Concentration you are applying to),
- your résumé or Curriculum Vitae,
- two letters of recommendation from professional or academic sources,
- a de-identified sample of your work (a case summary),
- a letter from the head of your doctoral training program attesting to your good standing in the program and your readiness for practicum training. ***Please make sure that it includes your DCT's email address.***

***If you are unable for some reason to access and use the portal (only), please contact Dr. Jimmy Kim at [jkim@northwell.edu](mailto:jkim@northwell.edu) for direction.***

**In your cover letter, please indicate which one of the following sites is your preference:**

- Acute Care Concentration
- Health Psychology: Behavioral Health Concentration

If you would like to be considered for another other site, you may indicate that as a second or third choice. Qualified students will be interviewed for their preferred site. In some cases, applicants may be granted interviews for multiple placements.

You may be contacted for an interview by department staff. On interview, *bring a copy of your most recent graduate school transcript* (a photocopy is acceptable; if accepted into the externship a registrar's original will be required). In compliance with the guidelines promulgated by the regional psychology doctoral programs and accepted by the Psychology Directors of New York State, ***please do not send any application materials before January 11, 2021.***



*Given the high volume of applications that are received, we give priority to those students who submit their applications by Friday, January 22<sup>nd</sup> (5pm EST).* After that time, your application may be considered for a second round of interviews for any of our placements that remain unfilled.

**Please direct any inquiries to Jimmy Kim, Psy.D., the Adult Track Externship Coordinator:**  
[jkim@northwell.edu](mailto:jkim@northwell.edu)

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## **GEROPSYCHOLOGY EXTERNSHIP TRACK (6 SLOTS)** **Zucker Hillside Hospital**

The Clinical Geropsychology externship track is based in the Division of Geriatric Psychiatry. Services are provided in the *Geriatric Outpatient Clinic*. The extern is part of a multidisciplinary team and gains experience with older adults (60 years of age and older) who have a variety of psychosocial problems and psychiatric disorders.

The overall goal of this externship is for externs to extend and refine their clinical skills and work at the complex interface of geropsychology, late life medical problems, and geriatric psychiatry.

Externs will receive training in one or more of a range of treatment modalities including Psychodynamic, and/or CBT formats at our outpatient geriatric clinic. In addition to being trained in intervention approaches that are applicable throughout the life span, this placement equips the clinician with the necessary tools to work with a population which is exploding in size and which virtually anyone in practice will encounter. Patients seen at this ambulatory center predominantly have psychiatric disorders characterized by depression, anxiety and adjustment reactions to life stressors. *Patients selected for trainee assignment are those assessed to be appropriate therapy candidates.* A typical patient might be a community dwelling retired widower dealing with anxiety as well as unresolved grief for the loss of a spouse or an adult child. A much smaller subgroup of clinic patients suffers from psychotic disorders and many are in stable condition; quite a few patients are experiencing their first episode of mental illness. Most of our psychotherapy cases involve cognitively intact older adults.

Externship duties include:

- providing individual psychotherapy in the Geriatric Clinic, with the possibility of some couples and/or family work
  - Possibility of providing group psychotherapy in the Geriatric Clinic schedule depending
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**Seminars/Didactics:** There is a weekly Geropsychology Seminar for geropsychology externs; this is also attended by interns and the geropsychology fellow. In addition to individual supervision, weekly group supervision is provided to discuss group psychotherapy issues.

The Geropsychology Seminar focuses on current issues in Geropsychology including empirically supported treatments (CBT, IPT, and dynamic therapy), working with families, working in multi-disciplinary teams, end of life issues, as well as select topics such as sexuality in late life, gift giving, and closure work. There are also many sessions devoted to open case discussions and countertransference issues.

The Group supervision is dedicated to learning the art and skill of conducting group therapy across different settings including

- conducting group screenings and preparing a patient for group therapy
- handling the monopolizing or the quiet patient
- contending with the challenging patient
- dealing with different levels of functioning within a group
- handling transitions
- coping with co-leading issues etc.,

Geropsychology externs may also attend (allowing for time and interest) the Adult Externship Track General Clinical Topics (every other Monday at 3-4pm).

### **Schedule and Hours:**

A minimum of a 2-day per week time commitment is required, one day of which must be Friday, (Friday minimum hours are 8:30am – 2:00p) for a total of 16 hours per week. The clinic is generally open 9-5pm; no evenings required.

The externship training year runs from September 1, 2021 through August 31, 2022.

At times students have been permitted to begin their training year in the summer period in which case the training year would run from summer 2021 to summer 2022. Some students may welcome additional training months more than the 12-month requirement and these requests will be considered. Those students applying for July 1 internship may want to consider early summer starts.

### **Supervision:**

- At least one hour per week of face-to-face, individual supervision with psychologist
- Additional supervision on group work and possibly on select individual case may be provided by the Geropsychology Fellow
- Group supervision – one hour per week focusing on group psychotherapy issues



*(The above terms are not necessarily applied to current geropsychology externs who are accepted to remain for a second year and who may have a more customized experience.)*

**For Further Information:** Please call **Rita Ryan, Ph.D.**, Coordinator of Geropsychology Externship Training at (718/516) 470-8449 or e-mail [rryan@northwell.edu](mailto:rryan@northwell.edu).

### ***To Apply to the Geropsychology Externship Track***

The applicant must be a candidate for the Ph.D. or Psy.D. in a psychology program in Health Service Psychology or be enrolled in a qualified re-specialization program. The applicant should have at least one year of prior externship or practicum experience (i.e., for most applicants, they will be in the third or fourth year of graduate school).

To apply to the Clinical Geropsychology Externship please upload into the APA Portal:

1. a cover letter
2. a copy of your resume
3. two letters of recommendation from professional or academic sources
4. a de-identified Case Study (**NOT A TEST REPORT**)
5. a letter from the head of your doctoral training program attesting to your good standing in the program and your readiness for practicum training. Please include your DCT's email address

*Please set the subject line of any email related to your application to read "Externship Application 2021" to make sure that your correspondence is sorted properly.*

On interview, bring a copy of your most recent graduate school transcript (photocopy is acceptable; if accepted into the externship a registrar's original will be required). And in order to facilitate interviewer's recall at a later date, please bring a picture to the interview.

**Please direct any inquiries to [Rita Ryan, Ph.D.](mailto:rryan@northwell.edu), the Geropsychology Externship Coordinator, at: [rryan@northwell.edu](mailto:rryan@northwell.edu).**

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## CLINICAL NEUROPSYCHOLOGY EXTERNSHIP TRACK Northwell Health

The Clinical Neuropsychology externship program within Northwell Health includes training opportunities at

- ***Department of Neurology: Neuroscience Institute (4 programs)***
- ***Department of Psychiatry: Zucker Hillside Hospital (3 programs)***

All programs offer supervised clinical training in neuropsychological assessment of patients with actual or suspected cerebral dysfunction, which consists primarily of comprehensive outpatient neuropsychological assessments.

All programs utilize a hypothesis-testing approach to assessment and may use flexible neuropsychological batteries. Externs will participate in all aspects of assessment including interview, exam administration, report writing, and feedback to patients and professionals. These activities are all performed under a high degree of supervision from a licensed psychologist specializing exclusively in neuropsychology. Externs are trained alongside clinical psychology interns specializing in neuropsychology and neuropsychology post-doctoral fellows. Trainees may also participate in extensive didactic programs that include a weekly neuropsychology seminars and Neurology and Psychiatry Rounds.

### ***DEPARTMENT OF NEUROLOGY/NEUROSCIENCE INSTITUTE (1 SLOT)***

**Supervisor: Erica Meltzer, Ph.D.**

Within the Department of Neurology externs gain intensive training in neuropsychological assessment of adults with actual or suspected neurological diseases and disorders. Trainees obtain supervised experience of outpatient neuropsychological evaluations of patients referred from the Department of Neurology and other sources. These evaluations will include comprehensive assessments of epilepsy patients from the Department's Comprehensive Epilepsy Center, such as candidates for epilepsy surgery. Patients with suspected dementia, mild head injury, stroke, neoplasm, infectious diseases, and other neurological disorders are also seen as part of this service. It is also common for referrals to come from affiliated neurosurgeons (e.g., pre-operative and follow up assessments of patients with brain tumor), community neurologists, geriatricians and psychiatrists. Opportunities are available to observe respective neurosurgery in the O.R. and observe Wada testing and cortical mapping of cerebral functions with electrical stimulation of the brain.

### ***DEPARTMENT OF NEUROLOGY/NEUROSCIENCE INSTITUTE (2 SLOTS)***

**Supervisor: Paul J. Mattis, Ph.D., ABPP-CN**

Within this program externs gain training in neuropsychological assessment of adults with a variety of neurological diseases including movement disorders, such as Parkinson's disease, Huntington's disease, and essential tremor. The majority of referrals come from the Department of Neurology and the Department of Neurosurgery. Common diagnoses within the program include dementia, stroke,



autoimmune encephalitis, acquired brain injury, and normal pressure hydrocephalus. There are also opportunities to evaluate patients' capacity to benefit from functional brain surgery with deep brain stimulator placement. Opportunities to observe deep brain stimulator placement are available, as well as observe intraoperative language mapping.

***DEPARTMENT OF NEUROLOGY/NEUROSCIENCE INSTITUTE (1 SLOT)***

**Supervisor: Kayla Whearty, Ph.D.**

Within this outpatient program, externs gain experience in the comprehensive assessment of a broad range of neurologic conditions and comorbidities in adult and geriatric populations. Training will capture the breadth of neurologic disorders commonly referred to neuropsychologists. There is a specialized focus in neurodegenerative disorders and stroke/other cerebrovascular conditions; however, common referrals also include movement disorders, head injury, normal pressure hydrocephalus, epilepsy, and brain tumor, among others. This service receives outpatient referrals from a variety of sources, including behavioral neurology, geriatric neurology, geriatricians, neurosurgery, general and community neurologists, and the department's Comprehensive Epilepsy Center.

***DEPARTMENT OF PSYCHIATRY/ZUCKER HILLSIDE HOSPITAL (3 SLOTS)***

**Supervisors: Philip Watson, Ph.D., Elyssa Scharaga, Ph.D.,  
and Amanda Hahn-Ketter, Ph.D., ABPP-CN**

This program is housed within The Center for Neuropsychological Services at Zucker Hillside Hospital, a general outpatient neuropsychology practice that serves clients from age 6-years-old through the lifespan. Externs gain experience with neuropsychological assessment of adult clients with a variety of neurologic, medical, and psychiatric illnesses, including neurodegenerative disorders, epilepsy, traumatic brain injury, autoimmune disorders, and depression. Pediatric evaluations commonly address diagnostic issues related to developmental disorders such as learning disability and ADHD, but also commonly address acquired disorders including cancer and traumatic brain injury. Opportunities also exist for neuropsychological consultation on inpatient psychiatry units to assist in differential diagnoses and involvement in outpatient cognitive remediation intervention.

**For Further Information:** Please address questions regarding the neuropsychology externship to [Paul Mattis, Ph.D.](mailto:pmattis@northwell.edu) via e-mail at [pmattis@northwell.edu](mailto:pmattis@northwell.edu).

***To Apply to the Clinical Neuropsychology Externship***

The applicant must be a candidate for the Ph.D. or Psy.D. in a psychology program in Health Service Psychology or be enrolled in a qualified re-specialization program. Applicant should have at least one year of prior externship or practicum experience, and coursework in assessment.

**All neuropsychology externships require a time commitment of at least 2-days (16 hours) per week over a 12 month period.** July starts are preferred, in order to coincide with the start of the internship training year. Externs are permitted the equivalent of four weeks of vacation during the 12-



month training year, but requests for time off must be cleared with supervisors in advance. Seminars are held on Tuesday mornings to which externs should plan on attending.

*Applications will not be accepted before the date set by PSYDNYS (Psychology Directors of New York State). Interviews are required and will be held after the end of the internship recruitment period.*

Application consists of:

1. Cover letter (include externship site applying),
2. Curriculum Vitae,
3. Summary of neuroscience/neuropsychology classes,
4. Writing sample, preferably a de-identified neuropsychological assessment report,
5. Two letters of recommendation
6. A letter from the head of your doctoral training program attesting to your good standing in the program and your readiness for practicum training. Please include your DCT's email address.
7. *Please set the subject line of any email related to your application to read "Externship Application 2021" to make sure that your correspondence is sorted properly.*

On interview, bring a copy of your most recent graduate school transcript (photocopy is acceptable; if accepted into the externship a registrar's original will be required).

E-mail inquiries to: [Paul Mattis, Ph.D. Director of Neuropsychology at pmattis@northwell.edu](mailto:pmattis@northwell.edu)

or mail to:

**Paul Mattis, Ph.D., ABPP**  
Neuropsychology at Manhasset  
1554 Northern Blvd, Suite 204  
Manhasset, NY 11030

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## **CHILD PSYCHOLOGY EXTERNSHIP TRACK**

*Zucker Hillside Hospital  
North Shore University Medical Center  
Cohen Children's Medical Center*

Externship placements within the Division of Child and Adolescent Psychiatry provide the opportunity to perform individual, family, and group psychotherapy. The externship training year runs from July 1, 2021 through June 30, 2022. Externs are permitted the equivalent of four weeks of vacation during the 12-month training year, but requests for time off must be cleared with supervisors in advance. **A full-time externship typically requires 16-20 hours/week over the course of 2-3 days/week depending on the service. Please see descriptions below for more details about the various sites regarding specific time commitments.**

***CHILD AND ADOLESCENT EXTERNSHIP CONCENTRATIONS:***



- **ADHD Throughout the Lifespan (1 slot)**
- **Adolescent Inpatient Program (1 West) (2-3 slots)**
- **Child Psychiatry Ambulatory Services (3-4 slots)**
- **Developmental and Behavioral Pediatrics (2 slots)**
- **Eating Disorders Program (2-3 slots)**
- **Pediatric Hematology/Oncology and Cellular Therapy (1 slot)**
- **Recognition and Prevention (RAP) Program (1 slot)**
- **South Oaks Adolescent Inpatient Girls Unit (1-2 slots)**

### ***ADOLESCENT INPATIENT PROGRAM (1 WEST)***

Located in the new Behavioral Health Pavilion of Zucker Hillside Hospital, the Adolescent Inpatient Program (1 West) is a 21-bed, acute-care psychiatric unit for adolescents ages 12-17. Patients on 1 West receive comprehensive evidence-based treatment for a wide spectrum of psychiatric disorders and complex psychosocial issues. Multi-disciplinary treatment on 1 West includes, but is not limited to, individual, family, and group psychotherapy, medication management, rehabilitation groups, and disposition planning. 1 West staff have been intensively trained by Behavioral Tech in Dialectical Behavior Therapy (DBT) and 1 West offers DBT treatment including individual, family, group, milieu coaching, and consultation team. As primary therapists, externs follow 2 assigned patients at a time from intake through the course of treatment. Treatment provided is short-term individual and family therapy within a Cognitive Behavioral Therapy (CBT) or Dialectical Behavior Therapy (DBT) framework, depending on the adolescent's presenting symptoms and functioning. Externs are involved in determining appropriate discharge plans and coordination of services for assigned cases and gain strong working knowledge of available services. Externs co-lead two adolescent DBT groups, a skill acquisition group and a skill generalization group targeting the 5 adolescent skills modules: mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and middle path and/or a caregiver DBT skills webinar. Psychology externs are an integral part of the treatment team and participate actively in the therapeutic milieu. These activities include leading morning Community Meeting including Mindfulness activities, assisting in the token economy, creating specialized behavior plans, and serving as a consultant to other unit staff. Externs also participate in diagnostic interviews and multidisciplinary team meetings. Significant experience is gained in risk assessment, implementing crisis management strategies, utilizing behavioral modification, and collaborating with a variety of professionals who work with adolescents (e.g., child protective services, school staff, juvenile justice, etc). Externs also may conduct psychological evaluations to assist with placement decisions. Externs receive 1 hour each of individual and 1 hour of group supervision per week, as well as supervision on an "as needed" basis given the acute care nature of the unit. Psychology group supervision includes a didactic series on a variety of clinical topics, with emphasis on DBT early in the training year. A 2-day DBT Workshop is also offered at the beginning of the training year. Please note that due to the acute environment of 1 West, we only accept applicants who will be entering their 4th year of graduate training or higher. Externs are expected to be available on the unit for 20 hours/week, spanning three days/week with Friday as a required day.



### *CHILD PSYCHIATRY AMBULATORY SERVICES*

This externship experience involves a primary placement in Zucker Hillside Hospital Child and Adolescent Outpatient. In the clinic externs will have the opportunity to gain experience in individual, family, and group therapy working with a diverse clinical population. Externs are encouraged to work from an evidenced-based perspective and are frequently invited to participate in relevant training opportunities. Externs will be expected to designate 2-3 of their outpatient cases as specialty Anxiety Clinic cases. Anxiety Clinic cases are those which have been identified as suitable for a structured time-limited CBT intervention. Didactics and supervision will be provided in the Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents (UP-C and UP-A). In addition to individual supervision and training in evidence-based CBT for child/adolescent anxiety disorders, externs are encouraged to carry one Trauma-Focused CBT case and are invited to attend a 2 day workshop in TF-CBT and participate in bimonthly consultation calls. Externs will also co-lead at least 1 child or adolescent evidenced-based skills group. **For externs that are permitted to be on site for 20 hours (typically 4<sup>th</sup> year and above)**, there is the opportunity for a minor rotation (4 hours) in a higher acuity setting. The goal of the minor rotation would be to provide the extern with an assessment and/or intervention experience in a higher acuity setting that would complement their experience in OPD. Past externs have elected to co-lead DBT groups on the adolescent inpatient unit. Minor rotation assignments may vary based on the extern's interest and availability. **Externs should expect to spend 16-20 hours across two to three days per week on-site; evening hours are required in order to accommodate the outpatient child/adolescent caseload. Monday availability is preferred so that the extern can participate in the Anxiety Clinic meeting and Psychology Didactics.** Suitable candidates should be entering their third year (or higher) of doctoral training and prior clinical (i.e., psychotherapy) experience is highly preferred.

### *DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS*

This externship placement offers the opportunity to work with children and adolescents with various diagnoses in an out-patient setting. The three main components to the externship are the following: Individual/Family Therapy, Assessment, and Group Psychotherapy. Externs will gain experience in the evaluation and treatment of children and adolescents with ADHD, various anxiety disorders, learning disabilities, ASD, social problems, family dysfunction, and other diagnoses/issues. In addition to treating children, externs will work with parents using parent management/behavior modification techniques. Externs are expected to carry a caseload of 4 to 6 individual or family cases. The division provides evidence-based treatments which draw from a variety of theories and manualized approaches. Externs will become proficient using the tools and techniques which have demonstrated efficacy.

As part of this program, externs will become skilled in the diagnostic interview and will also become familiar with various behavioral rating scales, computerized diagnostic software, and other assessment tools. Additionally, extensive experience in the administration, writing, and interpretation of psycho-educational assessments will be provided, including assessments of learning disabilities, ASD, giftedness, and cognitive indicators of clinical disorders. Externs will participate in all aspects of child and family assessments, including psycho-educational family interventions, test battery construction, and parent feedback sessions. Externs will have the opportunity to gain experience with a wide variety



of cognitive, achievement and neuropsychological instruments, as well as becoming familiar with behavioral questionnaires. Comprehensive training in the administration of the Autism Diagnostic Observation Schedule – 2nd edition (ADOS-2) will be provided. Exposure to projective testing is also available to externs who demonstrate an interest in this area.

Another component of the externship placement will involve leading weekly CBT skills groups for children/adolescents with ADHD. In the group, children learn skills to manage symptoms, control emotions, enrich coping techniques, strengthen organizational skills, develop problem solving skills, improve social interactions, and enhance functioning. Concurrently, parents attend a group where they learn skills to effectively parent children with ADHD symptoms. Externs will become proficient in helping parents and children in these areas.

Externs will work with a multidisciplinary team consisting of Psychologists, Pediatricians, Nurse Practitioners, Pediatric Fellows and Residents. Externs may participate in weekly didactics focusing on various topics relating to Developmental and Behavioral Pediatrics. Externs are expected on-site 16-20 hours/week, across 2 or 3 days/week. Externs **MUST** be available on Tuesdays evenings.

### ***ADHD THROUGHOUT THE LIFESPAN***

Located within the Department of Developmental and Behavioral Pediatrics, this externship provides opportunities to work with children, adolescents, college students, and adults suspected of, or diagnosed with ADHD in providing assessment and multi-modality treatment services.

Specifically, externs will gain experience in Assessment, Group Psychotherapy, and Individual Psychotherapy, as follows: **Assessment** of individuals of any age referred for evaluation of suspected ADHD) will include clinical interviews, administration of behavioral rating scales and, in some, may also include psychological or neuropsychological testing. In **Group Psychotherapy**, externs will be trained in, and will co-facilitate a group Behavior Therapy intervention for Parents of children with ADHD, and, potentially a CBT group intervention for college students or adults with ADHD. The manualized intervention for adults (Solanto, *Amer J of Psychiatry*, 2010; Solanto, Guilford Press, 2011) and college students aims to help individuals develop the executive skills of time-management, organization, and planning, and also addresses anxiety and depression secondary to ADHD-related impairment. In **Individual psychotherapy**, externs will have opportunities to provide individual therapy to children (i.e. via Parent Management Training), teens, and to college students and adults (via CBT) focused on treatment of ADHD-related symptoms and impairment. Externs may also elect to participate in any of the numerous training/didactic opportunities offered on Fridays in Developmental and Behavioral Pediatrics (e.g. monthly case conference, presentations of ongoing research, and Book Club). Externs are expected to be on-site for 16-20 hours/week across 2 or 3 days/week. Externs must be available for Group Psychotherapy meetings on Thursday evenings.



### *EATING DISORDERS PROGRAM*

**Eating Disorders Program** This program located at Cohen Children's Medical Center provides services to children, adolescents, and young adults up to age 21 diagnosed with Eating Disorders, as well as co-morbid diagnoses. Externs carry a caseload of up to two patients at a time who are admitted to the Adolescent Medicine inpatient unit or the Eating Disorders Day Program. Externs serve as primary therapists, following cases from intake throughout their admission, often across both inpatient and day program settings. Responsibilities include providing diagnostic interviewing, individual and family therapy, and group therapy, and in vivo meal supervision. Externs receive comprehensive training in empirically based treatments (EBTs) and a didactic seminar is offered to familiarize trainees with EBTs for eating disorders. EDP staff have been intensively trained by Behavioral Tech in DBT and all trainees participate in the staff DBT consultation team as well as provide individual DBT therapy, milieu coaching and run two DBT Skills groups. Further training in CBT and Family Based Treatment (Maudsley) is provided. Psychology externs are an integral part of the treatment team as well as the therapeutic milieu and participate actively in daily staff meetings and weekly multi-family meetings. This placement allows for extensive experience in working in a multi-disciplinary, milieu setting, as well as in collaboration with the Adolescent Medicine physicians and nutritionists. **Externs are expected to be on-site 20 hours/week, spanning three days/week.**

### *PEDIATRIC HEMATOLOGY/ONCOLOGY AND CELLULAR THERAPY*

This externship placement involves working with the Pediatric Hematology/Oncology and Cellular Therapy population in both inpatient and outpatient settings. It is designed for individuals with an interest in pediatric psychology, health psychology, and/or cancers and blood disorders. Responsibilities include providing individual, group, and family psychotherapy and performing ongoing assessment of the psychological needs of children, adolescents and young adults treated in the division. Opportunities may also be available in the survivorship program in which externs will conduct brief assessments and provide consultation services during an integrated care appointment for individuals who are in remission from their cancer diagnoses. Individual and family psychotherapy with survivorship patients is also available on an outpatient basis. The externs will have an opportunity to co-facilitate a parent management group for parents of pediatric oncology patients. The extern is part of a multidisciplinary team consisting of Physicians, Social Workers, Nurses, Child Life Specialists, etc., and will also have an opportunity to participate in a variety of medical rounds and multidisciplinary meetings within Pediatric Hematology/Oncology and the general pediatric service line within Cohen Children's Medical Center. **Externs should expect to spend 16-20 hours across two to three days per week on-site. Monday availability is preferred so that the extern can participate in the Anxiety Clinic meeting and Psychology Didactics. Suitable candidates should be entering their third year (or higher) of doctoral training and prior psychotherapy experience is highly preferred.**

### *RECOGNITION AND PREVENTION (RAP) PROGRAM*

The Recognition and Prevention (RAP) Program, established in 1998, is research clinic funded by the National Institute of Mental Health. The RAP Program is dually affiliated with the Child and



Adolescent Outpatient Psychiatry Department and the Psychiatry Research Department at Zucker Hillside Hospital. The RAP Program serves adolescents and young adults between the ages of 12 and 25 and their families. Individuals appropriate for evaluation and treatment at the RAP Program are at high-risk for developing serious mental illnesses including psychotic and bipolar disorders. Through ongoing research assessment and clinical interventions, the RAP Program aims to prevent high-risk individuals from deteriorating by decreasing symptom levels and improving functioning.

The extern will receive training in clinical and neuropsychological (optional) assessment of clinical high risk patients by participating in screening and baseline assessments. The clinical assessments utilize semi-structured research interviews and assess for DSM 5 disorders, prodromal psychosis symptoms, and problems with social and role functioning. The extern will become highly proficient in diagnosing psychiatric disorders, conveying these results to patients and families, and report writing. Excellent communication and writing skills are essential. Externs also will have a caseload of 2-3 individual therapy cases and will conduct short term Family Focused Therapy with select families enrolled in a clinical trial of this intervention. The extern may also co-lead a CBT-oriented group if desired. Some evening hours are required to accommodate the adolescents and their families. Research opportunities are also available. Appropriate candidates should be advanced doctoral students entering their third or fourth year of training with prior experience working with high-risk patients or the seriously mentally ill. **Externs are expected to be on site 16-20 hours/week, across 2 or 3 days/week. Availability on Tuesdays and Thursdays is a plus.**

### ***SOUTH OAKS ADOLESCENT GIRLS INPATIENT UNIT (SOUTHWEST 2)***

The Northwell Health system contains two standalone Behavioral Health hospitals: Zucker Hillside Hospital in Glen Oaks, and South Oaks Hospital in Amityville. In the 2020-2021 training year, there will be training opportunities on the Adolescent Girls unit (Southwest 2) at South Oaks, a 24 bed, acute-care psychiatric unit for girls aged 13 – 17 presenting with a wide variety of psychiatric issues and psychosocial stressors. Patient receive evidence-based, multidisciplinary treatment including individual, family, and group psychotherapy, therapeutic recreation, art therapy, medication management, and case management. Treatment is typically informed by Cognitive Behavioral Therapy and/or Dialectical Behavior Therapy approaches. Extern will work collaboratively within an interdisciplinary team including psychiatrists, nurse practitioners, social workers, licensed mental health counselors, and nursing. Extern have the opportunity to work with two patients throughout the course of their treatment on SW2, providing individual therapy, family therapy, and assisting in disposition planning. Extern will participate in ongoing risk assessment throughout treatment course. Extern will have the opportunity to co-lead two psychotherapy groups, participate actively in the therapeutic milieu, generate and manage behavior plans, and provide consultation to team members as appropriate. Extern will participate alongside other Northwell externs in weekly didactics at the Zucker Hillside campus, as well as have the opportunity to attend a two-day DBT Workshop at the beginning of the training year. Extern will receive one hour of group supervision and one hour of individual supervision with unit psychologist weekly. Due to the acute environment on Southwest 2, applicants should be entering their fourth year of training or higher, with previous inpatient experience preferred. To ensure continuity of care within a dynamic inpatient environment, extern is expected to be available for 20 hours per week, spanning three days per week, with Monday as a required day.



### ***To Apply to the Child Externship***

Applicants to this track must be enrolled in a Ph.D. or Psy.D. program in clinical, counseling, school, or other relevant area of professional psychology, or in a qualified re-specialization program. Please include the following in your portal upload: a cover letter, letter of readiness from your graduate program indicating that you are in good academic standing to start externship, two letters of recommendation addressing your clinical skills working with children/adolescents and families, your CV, and a de-identified sample of your work (a case summary). ***Please set the subject line of any email related to your application to read “Externship Application 2021” to make sure that it is sorted properly.***

In your cover letter, please identify one of the following sites as your top preference:

- Adolescent Inpatient Program (1 West)
- Ambulatory Care
- Developmental and Behavioral Pediatrics
- ADHD Throughout The Lifespan
- Eating Disorders Program
- Pediatric Psychology
- Recognition and Prevention (RAP) Program
- South Oaks Adolescent Inpatient Girls Unit

If there is an additional site that you are also strongly interested in and believe you are qualified for, you may choose from the following placements as a secondary choice for consideration:

- Developmental and Behavioral Pediatrics
- ADHD Throughout the Lifespan
- Eating Disorders Program
- Pediatric Psychology
- Recognition and Prevention (RAP) Program
- South Oaks Adolescent Inpatient Girls Unit

*Please note that given the large volume of applications to the **Adolescent Inpatient Program (1West)** and the **Ambulatory Care** sites, these **cannot be selected** as a second choice placement (and if selected will be ignored).*

We will begin accepting applications no earlier than January 11<sup>th</sup> 2021. Given the high volume of applications that are received, we give priority to those students who submit their applications from the period of January 11, 2021 until January 22, 2021. After that time, your application will be considered for a second round of interviews for any of our placements that remain unfilled after the notification date.

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## TRAUMA PSYCHOLOGY EXTERNSHIP TRACK

Reflecting long-standing expertise and involvement in clinical, research and training activities regarding trauma, this placement offers 12-month externship opportunities in our trauma treatment programs, which serve children, families, adults and couples. Currently, externs have opportunities to work with the following trauma-oriented program:

### **The Feinberg Division of the Unified Behavioral Health Center for Military Veterans and their Families**

Located in Bay Shore, the Unified Behavioral Health Center is a first-of its kind clinic in the country. It is a partnership between the Northwell Health and the Northport VA Medical Center to collaboratively evaluate and treat veterans and their family members.

The Trauma Psychiatry externship allows students to provide treatment for adults, children, and families with a strong emphasis on comprehensive clinical assessments as well as learning and applying evidence-based trauma treatment models. Externs can expect training opportunities in evidence-based modalities such as Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). There will also be weekly didactic trainings focused on trauma treatment and clinical work with our populations. Additionally, there are opportunities to be involved in research as well as delivering community-oriented psycho-education programs for those who express interest. This is a 12-month externship with start and end dates of July 1, 2021 and June 30, 2022 respectively. **Externs are expected on-site 16-20 hours/week, across 2- 3 days/week. Tuesdays are a preferred on-site day.**

**For Further Information:** Please call Mayer Bellehsen, PhD at 631-647-2530 or e-mail [mbellehsen@northwell.edu](mailto:mbellehsen@northwell.edu).

### ***To Apply to the Trauma Psychology Externship***

The applicant must be a candidate for the Ph.D. or Psy.D. in a psychology program in clinical, counseling, school or other relevant area of professional psychology, or be enrolled in a qualified re-specialization program. The applicant should have at least one year of prior externship or practicum experience (i.e., for most applicants, they will be in the third or fourth year of graduate school). To apply to the Trauma Psychology Externship, include the following materials in the portal upload:

1. a cover letter,
2. a copy of your resume,
3. two letters of recommendation from professional or academic sources
4. a de-identified Case Study (NOT a test report)
5. a letter from the head of your doctoral training program attesting to your good standing in the program and your readiness for practicum training. ***Please include your DCT's email address***

***For correspondence regarding your application, please set the subject line of your email to read "Externship Application 2021" to make sure that your materials are sorted properly.***

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## SPECIALIZED AMBULATORY CENTERS EXTERNSHIP TRACKS Zucker Hillside Hospital

The Department of Psychiatry recently developed a specialized Ambulatory Centers initiative, the goal of which is the establishment of diagnosis-specific centers of specialization oriented towards structured diagnostic interviews, evidence-based psychotherapy and pharmacotherapy, metric-based outcomes measurement, patient/family psycho-education, and a research interface. The specialized Ambulatory Centers is offering **5 distinct externship tracks**. These include externship opportunities in the following tracks:

- **Bipolar Disorder Track**
- **Obsessive Compulsive Disorder Track**
- **Combined OCD/Bipolar Disorder Track**
- **Early-Phase Psychosis Track**
- **Behavioral Health College Partnership Track**

The externs will be part of a multidisciplinary team performing the following specific duties within each specific track:

- comprehensive diagnostic interviews
- individual psychotherapy
- group psychotherapy
- administering reliable and valid rating scales to monitor clinical outcomes
- psycho-education

The **Centers Externship Tracks** provide externs with additional training during a weekly one hour didactic session that incorporates a review of pharmacotherapy, safety assessment, and evidence based approaches. During this time externs will also have the opportunity to present peer reviewed journal articles and conduct case conferences. The **Centers Externship Tracks** take a collaborative approach through weekly treatment team meetings with relevant staff members including staff physicians.

Opportunities are also available for students to participate in ongoing research. The principal goal of this externship is for externs to refine their clinical skills through work in evidence-based treatment in a multidisciplinary, academic, hospital-based setting.

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## THE BIPOLAR DISORDER EXTERNSHIP TRACK

### Specialized Ambulatory Centers Zucker Hillside Hospital

The Bipolar Track of the specialized Ambulatory Centers utilizes the latest interventions with patients meeting criteria for primary diagnosis Bipolar Disorder. Externs will be trained and supervised in the evidence-based psychotherapy modality of *Cognitive Behavioral Therapy* and *Interpersonal Social Rhythm Therapy (IPSRT)*. The extern responsibilities include conducting diagnostic interviews, providing individual therapy and co-leading group therapy for this population and their family members. Individual and group supervision are provided by experts in Bipolar Disorder. Externs participate in weekly didactics covering issues related to treatment and professional development.

*Requirements:* A minimum of a two days per week time commitment is required (Tuesdays afternoon/evening and Wednesdays) for a total of 16 hours per week. **One extern slot** is expected for 2021-22.

#### ***To Apply to the Centers Bipolar Externship Track***

The applicant must be a candidate for the Ph.D. or Psy.D. in a psychology program in clinical, counseling, school or other relevant area of professional psychology, or be enrolled in a qualified re-specialization program. The applicant should have at least one year of prior externship or practicum experience (i.e., for most applicants, they will be in the third or fourth year of graduate school).

To apply to the Centers Bipolar Externship Track, please include the following in your portal upload:

1. a cover letter,
2. a copy of your resume,
3. two letters of recommendation from professional or academic sources
4. a de-identified Case Study (NOT a test report)
5. a letter from the head of your doctoral training program attesting to your good standing in the program and your readiness for practicum training. ***Please include your DCT's email address***

***Please set the subject line of any related email to read "Externship Application 2021" to make sure that it is sorted properly.***

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## THE OCD EXTERNSHIP TRACK Specialized Ambulatory Centers Zucker Hillside Hospital

*The OCD Track* of the Specialized Ambulatory Centers utilizes the latest interventions with patients meeting criteria for a primary diagnosis of Obsessive Compulsive Disorder and/or related conditions (including Body Dysmorphic Disorder and Obsessive Compulsive Personality Disorder). Externs will be trained and supervised in the evidence-based psychotherapy modality of Exposure and Response Prevention (EX/RP) and adjunctive therapies. The extern responsibilities include conducting diagnostic interviews, providing individual therapy, and co-leading group therapy for this population. Individual and group supervision are provided by experts in OCD. Externs participate in weekly didactics covering issues related to treatment and professional development.

*Requirements:* A minimum of two days per week time commitment is required, for a total of 16 hours per week. Evening hours on Tuesdays and/or Thursdays. Team meetings are on Tuesdays; attendance on Tuesdays is preferred but not required. **One extern slot** is expected for 2021-22.

### *To Apply to the Centers OCD Externship Track*

The applicant must be a candidate for the Ph.D. or Psy.D. in a psychology program in Clinical, Counseling, or another relevant area of professional psychology, or be enrolled in a qualified re-specialization program. The applicant should have at least one year of prior externship or practicum experience (i.e., for most applicants, they will be in the third or fourth year of graduate school).

To apply to the Centers OCD Externship Track, please include the following in your portal upload:

1. a cover letter,
2. resume,
3. two letters of recommendation from professional or academic sources
4. a de-identified Case Study (NOT a test report)
5. a letter from the head of your doctoral training program attesting to your good standing in the program and your readiness for practicum training. ***Please include your DCT's email address.***

***Please set the subject line of any related email to read “Externship Application 2021” to make sure that it is sorted properly.***

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## COMBINED OCD/BIPOLAR EXTERNSHIP TRACK

### Specialized Ambulatory Centers Zucker Hillside Hospital

The OCD and Bipolar Centers offer the option of a combined track in which externs will be trained to apply evidence-based approaches for the treatment of Obsessive Compulsive Disorder (and related conditions) and Bipolar Disorder. This track affords externs the opportunity to gain experience working across both Centers and treatment teams. Externs will be trained and supervised in the psychotherapy modalities of Exposure and Response Prevention (EX/RP) and Interpersonal and Social Rhythm Therapy, as well as adjunctive therapies. The extern responsibilities include conducting diagnostic interviews and providing individual and group therapy for these patient populations. Individual and group supervision are provided by experts in OCD and Bipolar Disorder. Externs participate in weekly didactics covering issues related to treatment and professional development.

*Requirements:* A minimum of two days per week time commitment is required, for a total of 16 hours per week. Team meetings and evening hours are on Tuesdays so attendance on that day is required. **Three extern slots** are expected for 2021-22.

### *To Apply to the Centers Combined OCD/Bipolar Externship Track*

The applicant must be a candidate for the Ph.D. or Psy.D. in a psychology program in clinical, counseling, or other relevant area of professional psychology, or be enrolled in a qualified re-specialization program. The applicant should have at least one year of prior externship or practicum experience (i.e., for most applicants, they will be in the third or fourth year of graduate school).

To apply to the Centers Combined OCD/Bipolar Externship Track, please include the following in your portal upload:

1. a cover letter,
2. resume,
3. two letters of recommendation from professional or academic sources
4. a de-identified Case Study (NOT a test report)
5. a letter from the head of your doctoral training program attesting to your good standing in the program and your readiness for practicum training. ***Please include your DCT's email address.***

***Please send any related correspondence to Dr. Alison Gilbert ([agilbert2@northwell.edu](mailto:agilbert2@northwell.edu)) and Dr. Anthony Pinto ([apinto1@northwell.edu](mailto:apinto1@northwell.edu)) and set the subject line of your email to read "Externship Application 2021" to make sure that it is sorted properly.***

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## THE EARLY TREATMENT PROGRAM (PSYCHOSIS) EXTERNSHIP TRACK

### Specialized Ambulatory Centers Zucker Hillside Hospital

The *Early Treatment Program Psychosis Track* of the specialized Ambulatory Center's Concentration utilizes the latest research to employ state of the art interventions for young adults who have recently become ill with a psychotic illness. Externs work as a part of our large and multi-disciplinary team implementing a recovery oriented approach to treatment.

#### **The Early Treatment Program offers training within two externship concentrations:**

**Psychotherapy Concentration:** The extern's primary responsibilities include providing individual therapy and co-leading group therapy for this population and their family members. The extern will also gain experience implementing a cognitive remediation program. Opportunities for conducting diagnostic interviews and neuropsychological evaluations may also be available.

**Assessment Concentration:** The primary experience in the assessment track entails diagnostic, psychological, and neuropsychological evaluation. Specific duties include conducting psychiatric intake interviews and neuropsychological assessments with people entering the Early Treatment Program. The extern in this track will also provide individual psychotherapy to a small caseload of people with early phase psychosis.

*Requirements:* A minimum of two days per week time commitment is required, for a total of 16 hours per week. The extern in the psychotherapy track should be available on Tuesday evenings and Wednesday late afternoons. The assessment track extern should be available Wednesdays and Thursdays.

#### ***To Apply to the Early Treatment Program Psychosis Track***

The applicant must be a candidate for the Ph.D. or Psy.D. in a psychology program in clinical, counseling, school or other relevant area of professional psychology, or be enrolled in a qualified re-specialization program. The applicant should have at least one year of prior externship or practicum experience (i.e., for most applicants, they will be in the third or fourth year of graduate school). Please indicate on your application which track you are applying for.

To apply to the Centers Early Treatment Program externship tracks, please include the following in your portal upload:

1. a cover letter,
2. resume,
3. two letters of recommendation from professional or academic sources
4. a de-identified case study for psychotherapy applications, a testing report for assessment applicants
5. a letter from the head of your doctoral training program attesting to your good standing in the program and your readiness for practicum training. ***Please include your DCT's email address.***

***Please send any related correspondence to Dr. Kristin Candan ([kcandan@northwell.edu](mailto:kcandan@northwell.edu)) and set the subject line of your email to read "Externship Application 2021" to make sure it is sorted properly.***

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## THE BEHAVIORAL HEALTH COLLEGE PARTNERSHIP EXTERNSHIP TRACK Specialized Ambulatory Centers Zucker Hillside Hospital

The Behavioral Health College Partnership Track (BHCP) offers opportunities to work with undergraduate and graduate students. Extern responsibilities may include conducting diagnostic interviews, providing individual therapy, co-leading group therapy for this population, and participating in multidisciplinary team meetings. Three different concentrations are offered to externs: Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), and Inpatient. The BHCP is committed to providing continuity of care for our patients across levels of treatment. As such, we offer the unique opportunity for externs in our CBT and DBT concentrations to provide individual and group therapy in both outpatient and inpatient settings. \*\*\*Please note that for CBT and DBT Concentrations, the ability to conduct inpatient therapy is dependent on working on-site. Currently the outpatient component of BHCP is operating in a remote model. CBT and DBT externs will not see patients on the inpatient unit until it is deemed appropriate to bring the outpatient program back to an in-person setting.

<b>Cognitive Behavioral Therapy (CBT) Concentration</b>	The externs in the CBT concentration will treat college students in both outpatient and inpatient settings. CBT externs will be trained and supervised in Cognitive Behavior Therapy in treating this population. <b>Four CBT extern slots</b> are expected for 2020- 2021.	<i>Requirements:</i> A minimum of two days per week time commitment is required, although three days are highly preferred for a total of 16 hours per week. Tuesdays (12pm - 8pm) are required, with other days flexible.
<b>Dialectical Behavior Therapy (DBT) Concentration</b>	The externs in the DBT concentration will treat college students in both outpatient and inpatient settings. DBT externs will be trained and supervised in Dialectical Behavior Therapy and will be members of a formal outpatient DBT team. Approximately 30% of cases in this track will receive DBT, with the remainder receiving CBT. <b>Four DBT extern slots</b> are expected for 2020 – 2021.	<i>Requirements:</i> A minimum of two days per week time commitment is required, although three days are highly preferred for a total of 16 hours per week. Tuesdays (12pm - 8pm) are required, with other days flexible.
<b>Inpatient Concentration</b>	The externs in the inpatient concentration will exclusively treat patients on our inpatient units (Young Adult Unit & Behavioral Health College Partnership Overflow/ Mood Disorders Unit). Inpatient externs will be trained and supervised in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and will be part of a multidisciplinary treatment	<i>Requirements:</i> A minimum of 16 hours over <b>three days</b> a week is preferred. A required day for the inpatient concentration is Tuesdays, with other days flexible.  A one-time training on Aggression Reduction is <u>mandatory for any externs assigned to inpatient work</u> . This training runs over two half days



	team. <b>Two Inpatient extern slots</b> are expected for 2020 – 2021.	and two full days (i.e., 7/17/2019 1-4p, 7/18/19 8:30a-4p, 7/19/2019 8:30a-4p, and 8/14/2019 1-4p); externs will be expected to attend even if they would not be externing on those days.
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***Applicant Eligibility: Specialized Ambulatory Centers Externship***

The applicant must be a candidate for a Ph.D. or Psy.D. in a clinical psychology program, or be enrolled in a qualified re-specialization program.

***Application Procedure for the Centers Behavioral Health College Partnership Track:***

Access the APA Externship Directory (<https://psychpracticum.apa.org>), select the Behavioral Health College Partnership Track, and upload the following application materials:

1. CV
2. Eligibility Letter (please include your DCT’s email address)
3. Cover Letter- Please *clearly* indicate your preferred concentration
4. Two reference letters
5. De-identified case study

For further information about the *Behavioral Health College Partnership Track*, e-mail [Matthew Steinbauer, PhD](mailto:Matthew.Steinbauer@zuckerhillsidewest.com).

**ADDICTION RECOVERY SERVICES (ARS) (1 SLOT EXPECTED)**  
Zucker Hillside Hospital

The extern in this track will center his/her training at Addiction Recovery Services (ARS) at Zucker Hillside Hospital. This outpatient service consists of providing personalized treatment in a comprehensive substance use outpatient treatment program to community members whose lives have been impacted by alcohol and drug abuse problems. Clients and their families receive treatment from an experienced, caring, multidisciplinary team consisting of psychiatrists, psychologists, and social workers. This is a unique opportunity for an advanced extern, who would like to learn more about treating individuals who have a dependence or abuse condition, along with a co-existing psychiatric concern.

The extern will be provided with an individual psychotherapy case-load with the utilization of various treatment modalities, including Motivational Interviewing, Dialectical Behavior Therapy (DBT), Cognitive Therapy, Psychodynamic Therapy, and Mindfulness therapies. The extern will co-facilitate a DBT group and one other process group. The extern will also administer a weekly intake and at least one psychological testing case for the year. The extern will also have an opportunity to provide



treatment to significant others experiencing adverse effects of a close relationship with an individual who has a substance dependence or abuse condition to the extent that this relationship interferes with the ability to function normally.

Suitable candidates should be entering their third year (or higher) of doctoral training and prior clinical (i.e., psychotherapy) experience is highly preferred. Extern in this placement must be available for the Monday adult didactic described above. A total of 16 hours per week is required.

The applicant must be a candidate for a Ph.D. or Psy.D. in Clinical Psychology, or be enrolled in a qualified re-specialization program.

### ***Application Procedure for the Addiction Recovery Services (ARS) Track:***

Access the APA Externship Directory (<https://psychpracticum.apa.org>), select the Substance Abuse Service Track, and upload the following application materials:

1. CV
2. Eligibility Letter (please include your DCT's email address)
3. Cover Letter
4. Two reference letters
5. De-identified case study

For further information about the *Addiction Recovery Services Track*, e-mail [Monica Thomas, PhD](mailto:Monica.Thomas@zuckerhillsidemedicalcenter.com)



## OTHER INFORMATION FOR ALL APPLICANTS

- All applications must be processed through the APA-hosted online portal at <https://nynjadot.apa.org/>.
- *An educational affiliation agreement is required between the extern’s doctoral program and Northwell Health. Please be aware that we will not consider applicants from graduate programs with whom we do not have current affiliation agreements. Applicants are urged to check with their DCTs as to whether their graduate programs have existing agreements with the hospital. A tentative listing of current and expected affiliations may be found [here](#).*
- Supervision and training at Zucker Hillside Hospital psychology externship sites aspire to the Guidelines on Practicum Experience for Licensure proposed by the Association of State and Provincial Psychology Boards. Programs requesting individualized educational plans will be directed to the elements of these guidelines.
- Zucker Hillside Hospital and affiliated externship sites intend to comply with the guidelines promulgated by the regional psychology doctoral programs and accepted by the Psychology Directors of New York State (PSYDNYS) and the New York – New Jersey Association of Directors of Training (NYNJADOT). Accordingly, applications to all externship tracks will not be accepted before January 11, 2021. For further detail of the application/notification guidelines please see the [APA Externship Portal](#) (tab “Externship Guidelines”) or consult your graduate training director.
- ***All externship tracks described in this brochure (i.e., Adult, Geropsychology, Child, Neuropsychology, Trauma, Bipolar, OCD, Early Treatment, Addiction Recovery Services and Behavioral College Partnership) are subsumed under one program. Students who apply to multiple tracks should be prepared to indicate their track preference via email to the coordinator of their preferred track after they are interviewed and no later than one week prior to the offer date.***
- Externship applicants who are also applying for internship in 2021 will be considered.
- Externship Coordinators will make every effort to update the [APA Externship Portal](#) to reflect the status of open and filled slots during the recruitment period.
- Externs may be required to make themselves available for orientation activities prior to the externship start date. All externs will also be required to complete a brief online orientation to work at Northwell Health prior to starting. In addition, workshops on the use of the electronic medical record will be scheduled as part of the orientation process. Please note that for externs on an inpatient service area there will may a one-time mandatory training on Prevention and Management of Crisis Situations (ideally scheduled early in the year) that runs over three days (Wednesday, Thursday and Friday) which students will be expected to attend even if they generally are not on site on those days.



- In addition to a current educational affiliation, all externship offers are contingent on clearance from the New York State Child Abuse Registry prior to starting the externship (even if clearance was already received at another site) and the fulfillment of administrative and orientation requirements.
- Supervisors and training leaders in all tracks will communicate as necessary with designated university graduate program staff for discussion of externs' progress and needs and for evaluative purposes. Acceptance of an offer for externship training requires (and presumes) consent to share such evaluative information with designated university staff.
- *Time Off:* Externs are permitted the equivalent of up to four weeks of vacation during the 12-month training year, and requests for time off must be cleared with supervisors in advance. Supervisors may approve externs' requests to swap unscheduled work time for requested vacation. Accommodations will be made in the event that an extern will begin an internship before the end of the training year but may involve a temporarily increased workload to offset early termination.
- *Universities are required to maintain students' health related information as stipulated in the affiliation agreement with Northwell and may be asked to make that information available to the hospital.* DCTs or their designees may need to register on a Northwell portal to attest to their students' health and vaccination status. Applicants and their graduate programs should refer to their respective contracts for details about their responsibilities regarding malpractice insurance and indemnification of liability.



**Academic Programs Expected to Have Educational Affiliations with Northwell Health  
(as of 11/4/20)**

<b>University</b>	<b>Doctoral Program</b>
<i>Adelphi University</i>	Clinical Psychology (PhD)
<i>Columbia University Teachers College</i>	Clinical Psychology (PhD)
	School Psychology (PhD)
<i>CUNY - Hunter</i>	Health Psychology and Clinical Sciences (PhD)
<i>CUNY - Queens College</i>	Clinical Psychology (PhD)
<i>CUNY - John Jay College</i>	Clinical Psychology (PhD)
<i>Fordham University - Lincoln Center</i>	Counseling Psychology (PhD)
<i>Fordham University - Rose Hill</i>	Clinical Psychology (PhD)
<i>Fordham University - Lincoln Center</i>	School Psychology (PhD)
<i>Hofstra University</i>	Clinical Psychology (PhD)
	School-Community (PsyD)
<i>Kean University</i>	Clinical Psychology (PhD)
<i>Long Island University - Brooklyn</i>	Clinical Psychology (PhD)
<i>Long Island University - Post</i>	Clinical Psychology (PsyD)
<i>Montclair State University</i>	Clinical Psychology (PhD)
<i>New York University</i>	Counseling Psychology (PhD)
<i>Philadelphia College of Osteopathic Medicine</i>	Clinical Psychology (PsyD)
<i>Rutgers University</i>	Clinical Psychology (PsyD)
	Clinical Psychology (PhD)
	School Psychology (PsyD)
<i>Seton Hall</i>	Counseling Psychology (PhD)
<i>St. John's University</i>	Clinical Psychology (PhD)
	School Psychology (PsyD)
<i>SUNY Stony Brook University</i>	Clinical Psychology (PhD)
<i>The New School</i>	Clinical Psychology (PhD)
<i>Yeshiva University</i>	Clinical/Health Psychology (PhD)
	Clinical Psychology (PsyD)
	School/Clinical Psychology (PsyD)