PSYCHOLOGY EXTERNSHIP PROGRAM
JACOBI MEDICAL CENTER

Introduction

The Psychology Externship Program at JMC is offered by the Psychology Department within the Department of Psychiatry. JMC is a municipal hospital included within the North Bronx Healthcare Network (NBHN). JMC serves the East Bronx, which includes Puerto Rican, Dominican, African American, West Indian, South Asian, 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 community hospital setting. Externs are selected from applicants who are enrolled 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. In addition, students who are concurrently applying for internship will not be considered for an interview. 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, weekly didactic seminar, and weekly ground rounds.

Psychology Externship Training at Jacobi Medical Center

The Jacobi Medical Center (JMC) Externship is a nine-month clinical training program that will begin on Friday September 23, 2017 and will end on Friday June 22, 2018. Students are required to attend externship for 20 hours (3 days) per week.

The philosophy of the Externship is that psychologists should have clinical training that includes experience with the full range of human functioning. As such, all students are required to attend at least one rotation on an Adult Inpatient Psychiatry unit, including the option of one monolingual Spanish-speaking unit. Students will have the option of attending the Inpatient Psychiatry rotation for the entire nine months or dividing the year into two 4.5-month-long rotations. Students who opt to divide the year into two 4.5-month-long rotations will spend 4.5 month on an Adult Inpatient Psychiatry unit and 4.5 months on an elective service from the list below:

1. Family Advocacy Program.
2. Comprehensive Addiction Treatment Center.
3. Adult & Pediatric Aids Comprehensive Services.*
4. Department of Bariatric Surgery.*
5. Pediatric Neurodevelopmental Services.

* Students who elect a rotation on the Adult & Pediatric Aids Comprehensive Services or the Department of Bariatric Surgery will be required to combine two services during their elective rotation in order to fulfill the 20 weekly externship hours. They may choose one of the following options:

1. Spend 10 hours on the Adult & Pediatric Aids Comprehensive Services and 10 hours on the Comprehensive Addiction Treatment Center.
2. Spend 10 hours on the Department of Bariatric Surgery Services and 10 hours on the Comprehensive Addiction Treatment Center.
3. Spend 10 hours on the Adult & Pediatric Aids Comprehensive Services and 10 hours on the Department of Bariatric Surgery Services.

Final rotation placement will be determined by the Externship Committee based on the student’s preference and available days, the number of opening positions at each service and other service-specific requirements.

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

Schedule:

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

Days off:

Formal Holidays (New Year’s Day; MLK Jr’s Birthday; Presidents’ Day; Memorial Day; Independence Day; Labor Day; Columbus Day; Election Day, Veteran’s Day; Thanksgiving Day; Christmas Day) can be taken as days off. In addition, students can take up to 6 days as annual leave (vacation days).

Psychological Testing

Training in psychological assessment at JMC is founded on a basic competence with psychological testing which provides a comprehensive approach to understanding human functioning. Interested externs may be given an opportunity to administer at least one testing battery during the year. In addition to the formal written report, externs are expected to present their findings orally to the referring multidisciplinary team and to develop a sensitive approach for sharing feedback with the patient.

In addition, externs are assigned a number of focal testing that include one or two testing instruments, for the purpose of helping clarify diagnosis and gaining insight into patient’s dynamics as it relates to treatment objectives.
Each service has its own population and externs will learn and use assessment techniques and assessment instruments that are commonly used at the particular service. Externs will also have the opportunity to do neuropsychological screening on some placements.

Seminars:

All Psychology Externs attend a weekly one-and one-half hour seminar each Friday, which covers a broad range of topics including: risk assessment; treatment of psychosis; family and group therapy on inpatient; a testing seminar; Acceptance and Commitment Therapy (ACT); issues in addiction; psychological aspects of HIV/AIDS; and LGBT issues and cultural sensitivity. Students will also have the opportunity to present their cases to a consultant as well as process their externship experience.

Each clinical service has regular team ‘rounds’ and clinical case conferences in which the extern participates as an integral member of the treatment team. Externs are also invited to attend weekly lectures at the JMC Psychiatry Grand Rounds.

Application Procedures:

All applications should be sent directly to Dr. Meydan by Email at: Jakob.Meydan@NBHN.NET

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

Please submit all of the following information in your application:

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

Externship application and acceptance process:

- The beginning date to submit applications is NO EARLIER THAN Tuesday January 17, 2017 at 9:00 am;
- Interviews will be scheduled thereafter;
- Offers will be made no earlier than 9:00 am on Monday February 27, 2017;
- Offers will be made between 9:00 am and 5:00 pm;
- Offers will only be made via email and respective DCTs will be copied on the email offers;
- After receiving an offer on Monday February 27, students have until 9:00 am on Tuesday February 28th to accept or reject the offer;
Students who receive an offer on Tuesday, February 28\textsuperscript{th} BEFORE 3 pm have until 9:00 am on Wednesday to accept or reject the offer;

AFTER 3 pm on Tuesday February 28\textsuperscript{th} students will be informed of the time frame within which they will have to accept or reject the offer;

Upon request, students may be granted additional time by JMC externship program director.

**INPATIENT ROTATIONS**

**Psychiatry**

The four acute inpatient units at JMC are locked, short term units providing treatment for acute psychiatric disorders. The average length of stay on the inpatient units is two weeks which means that much of the focus of training will be on assessment and short-term therapeutic interventions.

One of the units is a bicultural (Hispanic) unit. Patients are typically involuntarily committed to the hospital and their stay averages approximately two weeks. The units are structured to provide a milieu treatment setting in which both staff and patients participate in the recovery process.

The intern functions in the role of psychotherapist on a team which includes psychology, social work, psychiatry, creative arts therapy, and nursing. 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 Network sites are primarily from economically disadvantaged, ethnically diverse backgrounds, e.g., Vietnamese, Bangladeshi, Albanian and Chinese, with the majority being African American and Hispanic. Diagnostically, a broad spectrum of presenting problems are seen on the unit, including schizophrenia spectrum and other psychotic disorders, major affective disorders, substance-related 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. 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.

Treatment on the units stresses the use of the milieu. Patients are seen individually, with their families and in groups. Psychotropic medication is provided by an attending psychiatrist. Regular therapeutic community meetings are held, facilitated by a staff member or intern.

Interns each carry a maximum of five patients at a time. The intern is responsible for the coordination of care involved in managing the case, presenting at team meetings, helping to think through discharge plans and maintaining chart notes. The intern is also expected to observe and co-lead group therapy and community meetings on the unit.

The Supervising Psychologist on the unit provides weekly supervision on the intern's primary therapy cases and is available for on the spot consultation.
OUTPATIENT ROTATIONS

The Family Advocacy Program

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

The mental health component of FAP offers many need-based services for child and family victims of trauma. On a short-term basis, services include crisis intervention, psychoeducation about trauma to parents and children, assistance with negotiating various social systems (e.g., ACS, school personnel) and/or law enforcement agencies as well as referrals to other services, as appropriate. For longer-term treatments, comprehensive diagnostic psychological assessments are provided for the children and adolescents in the program to inform individual, group and family psychotherapy. Our approach to treatment incorporates a family-based and relational treatment model, where trauma-informed cognitive-behavioral treatment strategies are also used. The FAP group program includes a parenting class and support group, an adolescent trauma group, and a parallel group for latency age children and their non-offending caretakers. In 2013, we added an expressive arts group (e.g., dance movement and most recently DBT for adolescents). Common treatment goals across the modalities include personal safety, affect tolerance and regulation, self-esteem building, development of coping skills for managing anger and stress, communication and healing within the family system, and increased sense of self-efficacy and empowerment.

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

Pediatric Neurodevelopmental Services

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

**Comprehensive Addiction Treatment Center Intensive Outpatient Program**

The CATC Program is a five-day per week, intensive, harm-reduction based, outpatient treatment program for patients in various stages of recovery from substance use disorders. Working in both group and individual modalities, the extern has the opportunity to follow patients from their first day of admission and well into their recovery in outpatient treatment. In this way, externs are thoroughly immersed in the challenging process of working with patients as they progress through the different phases of treatment. This rotation is available as a stand-alone rotation or as a combination with other rotations. All externs will carry a caseload of 2-3 individual patients in addition to running psychoeducational and psychotherapeutic groups.

While the emphasis is on group therapy, the extern is expected to work individually with the patients on his or her caseload and is responsible for doing psychiatric assessments which include mental status exams, completing psychosocial evaluations, developing comprehensive treatment plans and managing overall treatment of the patient. As a member of the treatment team, externs attend all clinical rounds and interdisciplinary staff meetings, where they will hone their skills in clinical presentations. By the end of the rotation, externs will gain valuable experience working with a population that is often deemed difficult to treat. This knowledge will be useful across treatment settings and client populations. Externs will receive primarily psychodynamic supervision, and will be encouraged to practice Motivational Interviewing and Behavioral approaches with our patients. For those who are interested, there are options for learning how to triage patients seeking admission to Detox and also to co-lead a Dialectical Behavior Therapy Group.

**Department of Bariatric Surgery**

The Bariatric Surgery Program at Jacobi Medical Center is a designated Center of Excellence by the American Society of Metabolic and Bariatric Surgery (ASMBS). Our multidisciplinary team consists of surgeons, diетicians, nurses and physician assistants. The role of the psychologist in training is twofold: to provide individual and group psychotherapy, conduct psychological evaluations, and to function as a consultant to the medical team. Services are provided before and after weight loss surgery. The adult population served (18+) is generally from the Bronx area, obese, predominantly female, and mainly identify as Black and/or Latina(o). Family and couples’ psychotherapy are also offered on a case by case basis. The trainee will gain experience in understanding the interface between medicine and psychology. The trainee will also develop skills to use evaluations as brief interventions to focalized issues. Supervision in Spanish can be offered to trainees interested in conducting psychotherapy in that language. Due to the amount of monolingual patients seen in this clinic, Spanish-speakers are encouraged to apply.

**Adult & Pediatric Aids Comprehensive Services**

ACS and PCS offer primary care to patients with HIV/AIDS and their families. The multidisciplinary team includes MDs, nurse practitioners, social workers, nurses, case managers and psychologists. Mental Health Services, including individual, group and family therapy as well as assessments, are provided by psychologists on the team. There is also a part-time psychiatrist to provide psychopharmacological treatment. The setting facilitates the ability of mental health clinicians to coordinate treatment with medical providers. The service uses a “one-stop shopping” model of mental health where multiple members of the same family can be seen.
within our service. Externs are provided with weekly supervision from a staff psychologist and participate in our Mental Health Services team meeting, which takes place twice a month. Externs carry up to three individual cases for the duration of the training year. They may provide focal psychological assessments for patients when needed. Finally, they may also lead or co-lead a group and treat families when available.
JACOBI MEDICAL CENTER
PSYCHOLOGY FACULTY

Pamela P. Duncan, Ph.D., Network Director of Psychology, Director of Internship Training

Ruhi Agharabi., Psychologist I, Inpatient Psychiatry

Frances Alcantara, Ph.D., Psychologist I, Adult & Geriatric OPD

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

Carlos Baguer, Ph.D., Psychologist, Inpatient Psychiatry

Laura Bernstein, Psy.D., Psychologist, Consultation Liaison Service

Katharine Chittenden, Psy.D., Psychologist, Pediatric Comprehensive Services

Gabrielle Cione, Ph.D., Psychologist, Pediatric and Adult Comprehensive Services; JMC Externship Committee

Jantra Coll, Psy.D., Clinical Director, Comprehensive Addiction Treatment Program

Fanchette Marguerat-Degaard, Ph.D., Psychologist III, Unit Coordinator, Inpatient Psychiatry

Justine Gervacio, Ed.M., Psychologist I, Inpatient Psychiatry

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

Marie-Anne Issa, Ph.D., Psychologist, Inpatient Psychiatry

Todd Kray, Ph.D., Psychologist, Adult Comprehensive Services

Rachel Lemonik, Psy.D., Psychologist I, Family Advocacy Program

Lucia Lezama, Ph.D., Psychologist II, Bariatric Surgery Program

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

Dimitri Mellos, Ph.D., Psychologist, Consultation Liaison Service

Jakob Meydan, Psy.D., Psychologist III, Assistant Director of Internship Training; Director of JMC Externship Program; Adult & Geriatric OPD

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

Willann Stone, Ph.D., Psychologist III, Rehabilitation Medicine.

David Ullmann, Psy.D., Psychologist II, Adult & Geriatric OPD; JMC Externship Committee
Jacobi Medical Center is located at 1400 Pelham Parkway South, in the Morris Park/Pelham Parkway neighborhood of the northeast section of the Bronx. All services are provided in old Jacobi Hospital (Building 1) and new Jacobi Hospital (Building 6).

**BY CAR**

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

**BY SUBWAY**

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

**BY EXPRESS BUS**

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