Introduction

The Leonard Krasner Psychological Center (KPC) is a mental health facility affiliated with the Ph.D. Program in clinical psychology at Stony Brook University (SBU), and it offers a 12-month pre-doctoral psychology internship (from here on labeled “KPC Internship”) to qualified students enrolled in doctoral programs in clinical psychology and Psy.D. programs. Consistent with the NYS licensure requirements, the internship includes approximately 40 hours of practicum weekly, which may include an average of 16 client contact hours weekly for the main internship track, and 4 hours weekly for the minor internship track, in addition to assessment, supervision, clinical record keeping, readings, attending workshops and lectures, for a total of 1,750 pre-doctoral internship practicum hours.

The document herein provides an overview of the KPC Internship; while the information is up-to-date, it may be revised in the future. Questions about the KPC Internship program are encouraged.

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APA Accreditation Status/APPIC Membership

The KPC Internship is not currently accredited by the American Psychological Association Commission on Accreditation (APA CoA). We are participating in the APPIC Internship Match as a non-member site (#2371).
Academic Affiliation of the KPC

The KPC is affiliated with the Ph.D. program in clinical psychology at SBU. Our Ph.D. program is currently ranked 12th best in the country (U.S. and World News, 2015) and is accredited by both the APA CoA and the Psychological Clinical Science Accreditation System (PCSAS). Advanced clinical psychology trainees provide high quality psychological services under the close supervision of faculty members, who are clinical psychologists.

Patient Population at the KPC

The KPC is an outpatient mental health treatment facility that provides psychological services to the campus community as well as to the surrounding communities. Patients are self-referred or referred by other providers, including other campus facilities—such as the SBU Counseling and Prevention Services (CAPS) and various departments of the SBU Hospital. Approximately 40% of the current patients at the KPC are SBU students, of which 72% are Caucasian, 11.3% Asian, 3.8% Hispanic/Latino, and 7% Other; moreover, 61% are males and 39% are females. Regarding the non-student patients at the KPC, 78% are Caucasian, 4.9% African-American/Black, 2.4% Asian, 4.9% Hispanic/Latino, and 7.3% Other; lastly, 45.2% are males and 54.8% females.

The patient population at the KPC is consistent with that of outpatient mental health facilities, and include anxiety disorders, depressive disorders, adjustment disorders, stress related problems, couple issues, disordered eating, phase of life difficulties, learning difficulties, and obesity; excluded are problems of acute and untreated psychosis and/or severe problems of substance addiction.

KPC Internship Supervisors

The main supervisors overseeing the KPC internship are NYS licensed clinical psychologists who hold clinical faculty appointments in the Departments of Psychology, Psychiatry, and Anesthesiology; they include Drs. Dina Vivian, Genna Hymowitz, and Patricia Tsui. Secondary supervisors include Drs. Adam Gonzalez, Brittain Mahaffey, Vadham Nehal, Darla Broberg, and Brian Bronson from the Dept. of Psychiatry. Outside supervisors, who are NYS licensed psychologists, including Dr. Karin Schlee, may also be part of the supervision team. Consistent with the theoretical model informing the doctoral program at SBU, all the supervisors are trained in and practice within cognitive behavior therapy models.

KPC Internship Program Philosophy: An Evidence-Based Practice in Psychology (EBPP) training model

At SBU, clinical training bridges research and treatment and embodies a science-practice integrative approach. We keep informed about the most recent developments in psychological research, and only provide treatments that have been proven to be effective through multiple scientific studies. As indicated above, our interventions are informed by cognitive-behavioral approaches, and the practicum at the KPC is based on the Evidence Based Practice in Psychology (EBPP) model. The EBPP model encompasses the notion that best practice is based on the integration of the best available research with clinical expertise in the context of key patient characteristics (including culture and preferences).

The KPC Internship program is designed to extend the depth and breadth of the practicum program at the KPC, and the interns are expected to develop the capacity to function independently as a doctoral level clinical psychologist. Moreover, based on the EBPP model, the interns are trained to practice competently and use scientific methods to integrate the best available research in all phases of developing and applying treatments. We also emphasize the continual professional development of our interns. Our program seeks to build upon the existing skills of our interns and provide them with additional training in new evidence-based methods. Each rotation is designed to provide interns with training that is sequential, cumulative, and graded in complexity.

Additionally, to verify the appropriate development of interns’ skills and competencies, each intern’s competence is evaluated bi-annually. At the completion of this program our interns should be competent entry-level clinical psychologists who can function in a variety of settings and continue to develop professionally throughout their careers. Thus, our developmental approach ensures that training for practice in clinical psychology is sequential, cumulative, and graded in complexity.
The KPC Internship Goal

The KPC Internship offers diverse training opportunities to enable interns to function successfully in doctoral level positions in clinical psychology. The goal is to prepare interns to use evidence-based methods to provide psychological services and engage in doctoral level functions in thoughtful, skillful, ethical, and compassionate ways.

The KPC Internship Sites

A) Primary Site: The L. Krasner Psychological Center (KPC)

The KPC is the main training site for all interns. All clients at the KPC first undergo a careful assessment. We offer individual, dyadic, and family interventions, and several group therapy programs. Treatment is typically provided once weekly, although more intensive schedules are also possible when warranted. The length of treatment varies depending on the severity and types of clinical problems; however, the average duration of treatment is approximately 12 to 16 sessions. We do not take insurances; however, our fees are considerably lower than those of practitioners in the community, and on a sliding scale based on the family’s income.

The population served and the clinical problems addressed at the KPC reflect the research interests and clinical expertise of our faculty in the clinical program. Understanding, treating, and, ultimately preventing psychological problems, hinge on careful research, which is why the psychological services that we offer at the KPC embody a science-practice integrative approach and are uniquely specialized.

Specialized Treatment Services and Clinics at the KPC

Depressive Disorders Clinic

We offer specialized assessment and treatment for children, adolescents and adults suffering from problems of depression. Our interventions are based on cognitive-behavioral models of depression, and emphasize positive cognitive-behavioral changes, behavioral activation, improvement in mood/affect, and increasing self-efficacy. Additionally, as problems of depression are often accompanied by dissatisfaction and unhappiness in interpersonal relationships (e.g., family, friendships), our treatments also promote increased interpersonal adjustment, social skills and effectiveness in social situations. To this extent, we use an integrated treatment model, the Cognitive Behavioral Analysis System of Psychotherapy (CBASP), which has shown remarkable efficacy in two multi-site validation studies that included about 1,500 chronically depressed patients. As we were one of the university sites involved in those clinical trials, we are a specialized CBASP clinic that is especially designed to target problems of chronic depression accompanied by interpersonal difficulties.

Behavioral Medicine/Obesity and Eating Disorders Clinic

We specialize in the assessment and treatment of problems related to overeating and weight control, including binge eating disorder, and bulimia. In collaboration with the Metabolic and Bariatric Surgery Weight Management Center, Department of Surgery (Stony Brook University Hospital, SBUH) we conduct pre-surgery psychological evaluations for bariatric surgery candidates; additionally, we offer individualized and group-based pre-surgery and post-surgery psychological treatments aimed at strengthening patients’ coping skills and healthy approaches to eating, and integrated care group treatments (diet, medical, psychological). We also offer individual cognitive-behavioral treatment for weight management and individual CBT, and ACT based treatment for comorbid psychological and chronic medical conditions (e.g. somatic symptom disorder, gastrointestinal disorders, cancer).

Anxiety Disorders Clinic

We offer specialized assessment and exposure-based cognitive-behavioral treatments for children, adolescents and adults who suffer from anxiety disorders, including social anxiety, generalized anxiety, obsessive-compulsive disorders, and phobias. As part of the treatment, when necessary sessions may also be carried out in environments outside the KPC (e.g., driving on highway for those who have fear of driving). The Anxiety Disorders Clinic is
Center for Excellence in the treatment for anxiety. In addition to our individual therapy modality, we also offer a 12-week group treatment program that is especially designed to target social anxiety.

**ADHD Program**

We offer a specialized psychological assessment and treatment for ADHD in clients of all ages. Particularly noteworthy is our structured treatment for ADHD, targeting attention/organizational skills, and executive function skills. In addition to our one-to-one interventions, we also offer a specialized 10-week group treatment program for students (high school and college) who suffer from ADHD and accompanying challenges, such as being unable to adequately fulfill daily responsibilities (e.g., school work) and experiencing dissatisfaction in their interpersonal relationships.

**Couples Therapy Program**

We provide specialized individual and dyadic treatments for a variety of couples’ problems, including communication problems, dissatisfaction with the relationship, inability to cope functionally with couple/family stressors, parenting issues, sexual problems/disorders, and intimate partner violence. Our models of intervention are based on changing behaviors and cognitions, learning effective communication and problem-solving skills, acceptance and understanding of one’s partner, increasing caring behaviors in the relationship, and strengthening individual and dyadic coping skills.

**Psychological Evaluation Services**

*Psycho-educational Evaluations*

We offer comprehensive assessments of examinee’s cognitive and achievement skills related to learning, as well as psychological functions that may have an impact on academic and work functioning. Targeted are learning problems, learning disabilities, and/or ADHD. Additionally, we provide IQ testing for Giftedness. We assess clients of all ages, from 3 year olds to adults.

*Psychological Evaluations*

We provide a wide variety of psychological evaluations, including pre-bariatric surgery assessments, and evaluations of individuals presenting with co-morbid medical conditions, including chronic pain, and stress-related health problems such as gastro-esophageal reflux disease, and irritable bowel syndrome.

B) **Secondary Training Sites:**

1. **Bariatric and Metabolic Weight Loss Center**

Pre-surgical bariatric evaluations and Pre- and Post-Surgical groups will also be conducted at various Stony Brook Medicine Department of Surgery outpatient offices. These offices are located in Stony Brook, NY, East Setauket, NY and Smithtown, NY. At these sites interns and supervisors will be co-located with Bariatric and Metabolic Weight Loss Center surgeons, dietitians, physical therapists, nurses and nurse practitioners in an interdisciplinary setting allowing for informal and formal consultations regarding treatment planning for patients of the Bariatric and Metabolic Weight Loss Center.

2. **Center for Pain Management**

Interns participating in the Pain Management rotation will see clients at the Stony Brook Center for Pain Management outpatient clinic offices located throughout the Suffolk county area. In these clinics interns and their supervisor, Dr. Patricia Tsui, will be co-located with various members of the Pain Management Center interdisciplinary team including anesthesiologists and nurses.

3. **Consultation and Liaison (C & L) Psychiatry**

Interns participating in the C & L Rotation will evaluate patients on the Stony Brook University Hospital Inpatient units. As part of this rotation interns will work alongside attending physicians, clinical nurse specialists, medical and
physician assistant students and residents and fellows from psychiatry, neurology, family medicine, geriatric medicine and geriatric psychiatry.

(4) Mind Body Clinical Research Center (MB-CRC)

The mission of the MB-CRC is to improve the mental and physical health of individuals and communities managing chronic health conditions through providing holistic clinical services, conducting basic and applied cutting-edge research, and training tomorrow’s clinical research leaders. Interns participating in the MB-CRC rotation will conduct psychological evaluations and both individual and group-based treatments. Interns will gain experience with conducting a comprehensive mind-body treatment called the Relaxation Response Resiliency Program, Dialectical Behavior Therapy, and behavioral health treatments including smoking cessation and modification of healthy lifestyle behaviors (i.e., nutrition, exercise, and sleep). At this site, interns and supervisors will be co-located and group and individual supervision will be available.

(5) Child Psychiatry Inpatient Services

An in-patient pediatric rotation is available. All child inpatient services rotation training activities will take place at the Stony Brook University Hospital Child Psychiatry Inpatient Unit, which is a 10 minute walk from the KPC. Under the supervision of Darla Broberg, Ph.D., interns will provide brief CBT to children and participate in interdisciplinary treatment planning meetings with social workers, psychiatrists and nursing staff.

(6) Child outpatient treatment services

A rotation is available at the Fay J. Lindner Center for Autism in Brookville (NY), about one-hour distance from the KPC. The Fay J. Lindner Center provides psychological services (assessment and treatment) to youth with Developmental Disorders primarily related to ASD, as well as co-morbidities associated with them (e.g., depression, anxiety disorders, OCD, Psychosis, and Bipolar Disorders). The center offers social skills groups, provides training in assessment (e.g., ADOS and ADI evaluations) and CBT approaches to the treatment of ASDs.

The KPC Internship Tracks

The internship program includes three main tracks, as well as several minor tracks as follows:

Main tracks (16 hours of client contact weekly plus a minimum of two full battery psycho-educational evaluations)

- **General track:** includes several practicum opportunities with adult populations, including CBT/CBASP for depressive disorders, Exposure/Response Prevention for Anxiety Disorders, assessment and group treatment for ADHD, group treatment for Social Anxiety, and Psychological/Psychoeducational Assessment (a minimum of two full batteries). Practicum opportunities with pediatric populations may also be available.

- **Behavioral Medicine track:** includes practicum experience in conducting psychological assessments with (adult) patients seeking bariatric surgery (this may include adults and adolescents), training in an interdisciplinary team-based approach to the treatment of obesity and binge eating, training in Acceptance and Commitment Therapy (ACT), and CBT-based approaches for the treatment of chronic medical conditions. Additional practicum opportunities within this track include a year-long 4-6 hour/week placement in the Stony Brook Medicine Pain Management Clinic (supervised by Patricia Tsui, Ph.D.) and a month long 3-4 day per week rotation in the Consultation and Liaison Service of the Stony Brook Medicine Department of Psychiatry (supervised by Brian Bronson, M.D.). Other potential rotations will be in the Department of Psychiatry Mind Body Clinical Research Center (supervised by Adam Gonzalez, Ph.D.).

- **Child Psychiatry Inpatient Services/KPC adult outpatient track,** a cross-departmental practicum that provides the intern with the experience of providing brief CBT psychological services to in-patient pediatric populations located at the Stony Brook University Hospital, which is a 10 minute walk from
the KPC, in addition to providing psychotherapy to KPC patients. The intern who participates in this track will be splitting his/her time between the two facilities.

Minor tracks (4 hours of client contact/professional involvement weekly)

- *Outpatient psychological treatment track:* this minor track will involve providing psychological services in clinical areas other than those included in a primary track. Included are:
  
  (a) Training and certification in CBASP for the treatment of depressive disorders;
  
  (b) Participation in the Behavioral Medicine/Weight Management Program (namely, conducting two-three evaluations weekly and leading one team group weekly);
  
  (c) Providing CBT and/or Exposure/Response Prevention interventions to KPC patients.

- *Fay J. Lindner Center for Autism and Developmental Disabilities* (Brookville, NY). This track will provide practicum experience in the assessment and group treatment of psychological disorders in adults characterized by co-morbidities between ASDs and psychological problems.

- *Outpatient psychological assessment track:* This track will involve providing psychological and psycho-educational testing to individuals with ADHD and/or Learning Problems, which will be in addition to the two required full battery psycho-educational assessments.

- *Training in Clinical Supervision track:* this track will include a course on supervision using the Falender & Shafranske’s (2004) competency-based approach, as well as umbrella supervision in conducting supervision with less advanced trainees.

- *Mental Health Training & Administration track.* This track will involve two main areas of experience, including:

  (a) *Internship/Externship Administration.* An intern who elects this training experience may work on one or more of the following projects, either conjointly with or with guidance from the director of the internship program. The projects may include: 1) assisting the KPC Director in training MA Interns for phone screens and front desk work; 2) assisting the KPC Director in training the Externs (e.g., orientation, in-house presentations); 3) developing the KPC internship/externship website, including the time to devote to self-study of web design programs; 4) coordination of all aspects of the selection of next year's internship class, and/or externship class; 5) selection of articles to establish a diversity journal club that addresses ethical, religious, sexual orientation, age-related, and cultural issues that may impact treatment; and 6) assisting with documentation about accreditation and funding. This hands-on experience in administration is appropriate for interns who have career goals in psychology training.

  (b) *Mental Health Leadership & Administration.* This track provides two main learning experiences as a preparation for the opportunities and challenges in mental health leadership and administration. First, the intern meets with the KPC Director, the KPC Student Assistant Director, and the KPC Office manager on a weekly basis to discuss administrative issues, as well as generating and implementing plans for enhancing patient care, and increasing patient referrals. Second, the intern works on a project related to leadership issues (e.g., assisting the KPC Director in monitoring patient flow and quality assurance; and assisting the Director in reviewing psycho-educational evaluations. Other projects as initiated by the intern or the KPC Director may be included in this track (e.g., assisting in the establishment of a Research Practice Network of psychology training clinics, conducting outcome research with the data from the Treatment Outcome Package).
Community Educational Outreach track. This track requires the intern to plan and provide presentations that address community needs, as well as engage in translational efforts to disseminate clinical research to the community (e.g., presentations in community and campus settings regarding evidence-based methods for the treatment of depressive disorders, stress management, weight management, weight bias prevention training, submitting brief review articles for publication in the Suffolk County Psychological Association Newsletter, etc.). Essentially, the intern will act as liaison between the KPC and various community organizations both on and off campus (e.g., schools) and will increase the reciprocal communication between the KPC and outside entities.

Clinical Supervision

Based on APA accreditation mandates, the KPC Internship will provide both individual and group supervision, including a minimum of 2 hours of individual face-to-face supervision weekly, and 2 hours of group supervision weekly. Additional supervision will be provided as needed. Supervision may include video-mediated review of treatment implementation, discussion of cases or clinical issues, and relevant readings on evidence-based assessments and treatments.

It is also expected that interns will interact with the other training staff members and trainees in the program on a regular basis, and other professional colleagues. For instance, interns may co-lead a therapy group with another KPC trainee (e.g., a less advanced trainee, an extern). The interns are also introduced to other pre-doctoral psychology interns on campus, namely the interns at the Counseling and Prevention Services (CAPS). CAPS is only a 5 minute walk away from the KPC, and periodic social and academic events are scheduled to enrich and extend the social/professional milieu of the interns across the two sites.

KPC Internship Didactics

The intern is expected to participate in 3-4 educational opportunities each week, including (but not limited to) a weekly 90 minute in-house presentations and/or clinical workshops provided by the KPC internship supervisors as well as by our clinical faculty at SBU, faculty from the Dept. of Psychiatry and local clinicians, all of whom have research and/or clinical expertise in the areas of their respective presentations. These in-house presentations are designed especially for the interns to provide them with didactics that embody research practice integration; the content of these presentations is designed to be developmentally ordered, sequential and cumulative. Additional weekly didactics include clinical presentations given by the C & L program, Grand Rounds in Psychiatry, and selected lectures provided by the Dept. of Psychiatry as part of their residency program.

Dissertation and/or Research

All interns who have not completed their dissertations are encouraged to schedule 4 hours per week to dedicate to their research. These hours can also be devoted to other activities within the internship, such as those listed in the minor tracks or involvement in treatment outcome research efforts within the KPC or the Weight Management Program.

Additional Professional Development Opportunities

Each intern makes formal presentations (a minimum of 2) over the course of the training year concerning treatment issues, diversity topics, or research projects of their choice.

Effort and Salary

Each intern is expected to complete 1750 total hours of clinical work during their internship. Interns’ clinical work will require 40 hours per week. Each intern is formally titled "Psychology Intern.”

Currently, the KPC Internship is unfunded. However, we expect to fund the internship (fully or partially) in the months to come. The amount of the stipend is expected to be commensurate with the stipends for pre-doctoral interns in the nearby metropolitan area (namely, $25,000 annually at 100% FTE). Information concerning the
funding status of the KPC Internship for the KPC Internship 2016-2017 will be updated as soon as it becomes available to the KPC Internship Director.

Applying to the KPC Internship Program

A) Selection Criteria

  Academic Record:

Prospective interns must have completed all their pre doctorial-level coursework prior to the beginning of their internship to ensure that they have the broad knowledge of the field necessary for more advanced work in psychology. Additionally, preference will be given to interns who have successfully defended their dissertation proposal prior to the start of the internship.

  Clinical Experience:

Interns must show a desire and experience in practicum that is informed by the clinical scientist model, such as the Evidence-Based Practice in Psychology model. Their doctoral-level practicum experience must be diverse (e.g., individual adults, individual or groups of children) with diverse presenting problems (e.g., depression, anxiety disorders, posttraumatic stress disorder) and diverse settings (e.g., outpatient facilities including community mental health clinics, psychology training clinics, and university counseling centers; inpatient psychiatric units; and/or primary care settings). A minimum of 600 clinical practicum hours are required, although the preference is for 800 or more hours (including assessment and face-to-face treatment). The KPC only considers applicants identified by their director of clinical training as having met their program’s minimum levels of competency for internship entry standards.

  Scholarship/Research:

Fit with clinical scientist model; successful dissertation proposal must be completed prior to the internship; research ability must be at a reasonable level. In addition, if interns have not completed their dissertation, they will coordinate a completion schedule with their research supervisor before engaging in additional research activities.

  Match with Site:

The prospective interns must show evidence of desire to train with site; preference is given for previous related experience; preference is also given for desire to work in a setting related to the rotations.

  Writing Skills:

Preference will be given to candidates who demonstrate good writing skills (professional, organized, articulate).

  Intangibles:

Demonstrated ability to handle the type of work required of the internship; preference will be given to candidates who are flexible, team players, mature, and open to feedback.

  Background Check:

All candidates must be eligible to work in the U.S.

B) Selection Procedures

The KPC Internship staff will make consistent and sincere efforts to recruit, select, and retain diverse intern candidates. The KPC internship is committed to upholding the APA Ethical Principles and Code of Conduct in all intern recruitment and selection procedures.
Disclosure Statement

Internship applications may be discussed among the KPC Internship Program faculty and staff as well as various staff members at the internship sites. If selected into the Internship Program, internship files (including application, written evaluations, etc.) will be shared with APA site visitors during any accreditation visits.

C) Application procedures

a) Interested applicant should register for the APPIC Match through National Matching Services (NMS): Leonard Krasner Psychological Center, Stony Brook University, Non-Member Site # 2371.

b) Complete the online APPIC Application for Psychology Internship; supporting material must include three letters of recommendation and two clinical reports, including a “Case Formulation and Treatment Planning” report and a “Psychoeducational Evaluation.” The applicant cover letter should include any particular career objectives and internship goals.

c) Application materials must be submitted by November 15. Interviews will be offered to those applicants whose interests and training best fit the goals of the program. We offer three interview days in early/mid-January. Each includes a program overview, two interviews, and lunch with current Interns, and options to meet additional staff. We take a group photo to help staff remember each applicant. Intern selection is based on a number of factors as described above including demonstration of a strong academic background, scholarly productivity, and clinical practicum experience. Also important is the fit between the intern’s professional interests/plans and the mission of the KPC Internship, as well as the goals and philosophy of our training program.

General Information

Start date: August 1, 2016
End date: July 31, 2017

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