Introduction

We offer a 12-month pre-doctoral psychology externship program at the Leonard Krasner Psychological Center (KPC), from here on labeled as “the KPC Externship.” The KPC is an outpatient mental health clinic affiliated with our doctoral program in clinical psychology at Stony Brook University. The KPC externship, currently in its 4th year, is listed and described in the official Wiki site for externships in the three-state area (http://psychpracticum.fdu.edu). Depending on the qualifications of the applicants, we typically accept 3 - 4 externs yearly. The externs are offered supervised practicum opportunities in our “general track” and in the “behavioral medicine/obesity track” (described below). Past and current externs have rated our program very highly.

Practicum Program at the KPC

The clinical practicum at the KPC aligns with Cognitive Behavioral approaches (including third wave models) and is based on an Evidence-Based Practice in Psychology (EBPP) training model, encompassing 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). Our supervision is completely conducted on site by our faculty, who, in addition to their role as supervisors, are very prolific in various areas of clinical research, including anxiety disorders, depressive disorders, couple distress and intimate partner violence, risk factors and close interpersonal relationships in adolescents, diagnostic classification, childhood adversity, eating patterns, and obesity, interdisciplinary approaches to the assessment and management of obesity, and, last but not least, outcome and process research.

Based on the faculty clinical and research expertise, and the KPC affiliations with the "Bariatric and Metabolic Weight Loss Program" and the “Mind-Body Clinical Research Center” at Stony Brook Medicine, we have created several specialty clinics that have provided our students and the externs with opportunities for extending the breadth and type of their clinical training. These specialized programs include as follows: an (a) Anxiety Disorders E/PT center for excellence; a (b) Depressive Disorders Clinic that provides training and certification in Cognitive Behavioral Analysis Systems of Psychotherapy (we were one of the 12 sites involved in two multi-site randomized clinical trials that provided treatment to about 1,500 patients across 10 years); a (c) Behavioral Medicine/Obesity clinic; an (d) ADHD clinic, and a (e) couples therapy clinic.
**KPC Externship Program/Tracks**

The “General” externship track may include assessment and treatment of patients who are on the wait-list in any of the clinics at the KPC. Particular emphasis is placed on training the extern in the treatment of depression and/or complex cases who present with co-morbidities. The “Behavioral Medicine/Obesity track” includes psychological evaluations of patients who are seeking bariatric surgery, and interdisciplinary team-approaches for the treatment of obesity. Additionally, it may include psychological evaluation and treatment (as well as CBT, Mindfulness and Acceptance and Commitment Therapy based individual & group modalities) of patients with psychological disorders secondary to chronic medical conditions including gastrointestinal motility disorders, chronic pain, or diabetes.

We ask that each applicant dedicate a minimum of 16 hours/week for the externships over a 12 month period, including approximately 13-14 hours/week of direct patient contact/clinical record keeping/clinical readings and 2-3 hours/week of individual/group supervision/consultation and conferencing with the interdisciplinary treatment team. While an applicant may be primarily interested in one type of externship for the whole year, s/he may also like to be involved in more than one clinical experience (e.g., 70% time in the behavioral medicine externship and 30% time in the depressive disorders clinic).

Informed by third-wave CBT models, the treatment programs that we offer through these externships are state-of-the-art and evidence-based; most often, they include modular, structured, yet, flexible and ideographically implemented, treatment modules. For example, some of these programs include 10-12 week manual-driven treatments (e.g., ADHD, pre- and post- bariatric surgery psychological treatments, health enhancement programs, mind-body interventions). Additionally, patient contacts are videotaped and supervision is video-mediated. Lastly, we use the Treatment Outcome Package (TOP) to monitor changes in patients functioning and recovery curves resulting from our interventions. Thus, single-case design outcome research is encouraged (although not mandated).

**Application Requirements**

Preference is given to advanced clinical trainees who will have completed a minimum of two years of supervised practica and/or other externships prior to the start of their externship at the KPC, and who are in good standing academically in their program. Interested applicants should apply in accord with the 2016-2017 externship guidelines set forth by the PSYDNYS/NYNJADOT as described in the Wiki site at [http://psychpracticum.fdu.edu](http://psychpracticum.fdu.edu).

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