Introduction

The Stony Brook University Consortium Externship Program (SBU-CEP), previously named the Stony Brook University Krasner Psychological Center externship program, offers a 12-month pre-doctoral externship in clinical psychology to qualified students in doctoral psychology programs. The SBU-CEP includes two-member agencies: the Leonard Krasner Psychological Center (KPC), a psychology training clinic associated with the doctoral program in clinical psychology, Department of Psychology (College of Arts and Sciences), and the Mind Body Clinical Research Center (MB-CRC), an outpatient facility associated with the Department of Psychiatry (Stony Brook Medicine). The Obesity and Weight Loss Clinic (OWMC), a behavioral medicine program that is part of the Bariatric and Metabolic Weigh Loss Center, Department of Surgery (Stony Brook Medicine) is also participating in the SBU-CEP through its association with the MB-CRC.

The SBU-CEP complies with the externship applications and acceptances guidelines developed by the Directors of New York State (PSYDNYS) and the New York New Jersey Association of Directors of Training (NYNJADOT). Information about the SBU-CEP is included in the brochure uploaded on this site as well as in the list of externship opportunities in the metropolitan area (http://psychpracticum.fdu.edu).

The overall aim of the SBU-CEP is to train and educate psychology interns to practice professional psychology competently and based on a clinical scientist model. The training philosophy is informed by the Evidence Based Practice in Psychology approach, which 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, diversity, and preferences). A scientifically-minded approach informs every aspect of the SBU-CEP program.

The SBU-CEP is designed to provide externs with generalist training and experience in delivering services across various therapeutic settings, including outpatient mental health facilities and hospital-based programs. Training includes experience in delivering cognitive-behavior therapy (including elements of third-wave models), behavioral medicine, and integrated care in primary care settings primarily with adult populations; however, opportunities to provide assessment and treatment services to youth, adolescent, and young adult populations are available at the KPC site. Several supervised practicum opportunities are available through the main externship programs at the KPC, MB-CRC and its associated program(s), as described in a later section of this brochure.

General Information

The externship includes approximately 16 hours of training weekly, including direct face-to-face delivery of psychological services, didactics/clinical workshops, supervision, readings, and administrative responsibilities. Four unpaid psychology externships positions are offered for the year 2017 – 2018. The externship start/end dates are: 08/01/2017 - 07/31/2018.
SBU-CEP Member Agencies and their Programs

Leonard Krasner Psychological Center (KPC)

The KPC is a psychology training clinic housed in the Department of Psychology and associated with the doctoral program in clinical psychology at Stony Brook University (SBU). The SBU clinical psychology doctoral program is ranked 4th among the top clinical psychology doctoral programs in the country (2016, U.S. News and World Report, Best Graduate Schools) and is accredited by both the APA Committee on Accreditation (APA CoA) and the Psychological Clinical Science Accreditation System (PCASAS). The mission of the KPC is twofold, namely, (a) to provide high quality experiential training in the delivery of psychological services to trainees in the associated doctoral program, as well as to externs, doctoral interns, and post-doctoral residents; and (b) to provide evidence-based mental health services to the nearby campus and off-campus communities. All supervisors at the KPC are doctoral level psychologists, and all the principal supervisors for the SBU-CEP are licensed in NY.

Psychological services are provided to patients of all ages, although 2/3 of the KPC population includes young adults/adults. Treatment is provided via individual, dyadic, family, and group therapy modalities. Cognitive-Behavioral Therapy (CBT) interventions target anxiety disorders, depressive disorders, adjustment disorders, stress related problems, relationship/couple issues, disordered eating, phase of life difficulties, learning difficulties, conduct disorders, ADHD, obesity, pain management, and co-morbidities; excluded are problems of acute and untreated psychosis and/or severe problems of substance abuse/addiction. In addition, KPC services include specialized treatment clinics, such as Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for chronic depression, Exposure/Response Prevention (E/RP) treatments for anxiety disorders, Couples/Relationship Treatment program, and various 10-session group treatment programs (e.g., Executive Skills Training for ADHD, Social Anxiety, Academic Performance Anxiety, CBASP for depression, etc.). The KPC also provides a broad range of psychological assessment services, including comprehensive psychological and/or psycho-educational evaluations for several types of referrals, such as Learning Disabilities; co-morbidity of learning difficulties and psychological problems; and diagnostic evaluations for disability determination, mental health clearance, and giftedness.

The externs will have the opportunity to become involved in all experiential aspects of service delivery (psychological assessment and treatment) described above.

Mind Body Clinical Research Center (MB-CRC)

A 15-minute walk from the KPC, the MB-CRC is an outpatient mental health and research center associated with the Department of Psychiatry, SBU. The mission of the MB-CRC is to improve the mental and physical health of individuals and communities through providing holistic clinical services, conducting basic and applied cutting-edge research, and training tomorrow’s clinical research leaders. The MB-CRC staff includes psychologists and clinical-researchers engaged in clinical services and research.

The MB-CRC provides individual psychological evaluations and individual and group-based treatments. Psychological services are informed by CBT approaches and include a mind-body treatment called the Relaxation Response Resiliency Program, Dialectical Behavior Therapy, and behavioral health treatments, such as smoking cessation and acquisition of healthy lifestyle behaviors (e.g., nutrition, exercise, and sleep). Patients served by the MB-CRC are self-referred or referred from various departments within Stony Brook Medicine, including the Stony Brook University Hospital (SBU Hospital) and community providers. Additionally, the MB-CRC provides clinical services to members of the Stony Brook World Trade Center (WTC) Wellness program, a CDC-funded program that monitors the physical and mental health of responders to the 9/11 WTC disaster. Specifically, the MB-CRC provides treatment to patients with co-morbid medical and psychological difficulties secondary to their participation as responders during 9/11.

The MB-CRC also contains an active research program including randomized clinical trials evaluating the efficacy and effectiveness of CBT and mind-body treatments. The Obesity and Weight Loss Clinic (OWMC) (described next) is a program integrated with the MB-CRC that offers additional training opportunities in behavioral medicine/integrated care.

Obesity and Weight Loss Clinic (OWMC)

Associated with the MB-CRC, the OWMC is located within the Bariatric and Metabolic Weight Loss Center (BMWLC), housed in the SBU Hospital and in a satellite outpatient facility located approximately 4 miles from the SBU campus. The
OWMC provides pre-surgical psychiatric diagnostic evaluations and pre- and post-surgical interdisciplinary skills training groups in an outpatient interdisciplinary setting. At the BMWLC, psychologists, and psychology interns and externs are co-located with surgeons, dietitians, physical therapists, nurses, nursing assistants, and nurse practitioners in an interdisciplinary setting, allowing for informal and formal consultations regarding treatment planning for patients of the BMWLC. Patients served by this clinic have been diagnosed with obesity and have a number of co-morbid chronic medical and psychological/psychiatric conditions. Patients come from a variety of socioeconomic, racial, and ethnic backgrounds.

Psychological services at the OWMC are based on CBT models and include pre-bariatric surgery psychiatric diagnostic evaluations, and assessment and treatment of obesity, disordered eating, chronic pain, somatic symptom disorder, maladaptive health behaviors affecting general medical conditions, anxiety disorders, depressive disorders, stress related problems, and difficulties related to adjustment following bariatric surgery. Clients ages 16 and over are treated at the BMWLC; however, the majority of the patient population includes adults.

Externs have the opportunity to conduct comprehensive psychological evaluations with bariatric surgery candidates, conduct pre- and post-surgery groups, and participate in inter-disciplinary team meetings to coordinate patient care. Research opportunities also are available.

**SBU-CEP Training Program**

The SBU-CEP clinical practicum aligns with CBT approaches, and supervision is conducted on site by the clinical faculty involved in both the externship program and in the parallel doctoral internship program. The SBU-CEP is designed to provide the externs with a “generalist” training experience across the member sites and associated program(s), including experience in general outpatient psychological care, behavioral medicine and integrated care. Based on the supervisors’ clinical and research expertise and the consortial agreement among member agencies, general and specialty training opportunities are available to increase the breadth of the externs’ clinical training. Although the externship program is designed to promote participation in all training opportunities, externs’ individual needs and interests will be taken into consideration to increase the fit between training experiences and externs’ training goals (e.g., an extern may choose to participate more intensely or exclusively in one of the available externship programs versus the others).

In addition to intervention and consultation opportunities across the externship sites, the externs are expected to complete two full-battery psycho-educational evaluations for learning problems at the KPC. Alternatively, they may elect to administer a combination of testing evaluations, including one full-battery and additional ADHD and/or IQ testing evaluations for a total of three evaluations at the KPC. We ask that each extern dedicate approximately 16 hours/week for the externships over a 12 month period, including approximately 8 hours/week of direct patient contact across all the training programs, 2-3 hours/week of individual/group supervision, and 1.5 hours of didactics (i.e., attending our in-house didactics that are part of the doctoral internship); the remainder of the time is dedicated to clinical record keeping, readings, consultation, and conferencing with the interdisciplinary treatment team. Next, we provide a detailed description of the training opportunities across the SBU-CEP programs.

1. **General Outpatient Program at the KPC**

The general externship program at the KPC includes the delivery of face-to-face psychological services (assessment and treatment) to KPC patients. Particular emphasis is placed on training the externs in the treatment of anxiety disorders, depressive disorders, and/or complex cases who present with co-morbidities. Informed by CBT models, the treatment programs implemented by our trainees at the KPC include state-of-the-art, evidence-based, and client-centered interventions; as such, they often include structured, yet, flexible and ideographically implemented, treatment modules using evidence-based manuals. In addition, the externs will be able to co-lead skills-oriented group treatment programs, including 10 week treatments for ADHD, social anxiety, depression, and social skills training. All sessions are videotaped and supervision is video-mediated. Lastly, treatment outcome is monitored on a weekly basis with the Treatment Outcome Package (TOP); thus changes in patients functioning, response to treatment, and early signs of deterioration can be closely monitored and included in the treatment plan. Gathering weekly outcome data also provides the extern with the opportunity to conduct single-case design outcome studies (although encouraged, this experience is not a mandated part the SBU-CEP).

In addition to broadening their experience in delivering psychological treatments, the externs will be conducting psychoeducational/psychological assessments for learning problems, ADHD, or giftedness. Typical full battery psychological evaluations at the KPC include the administration of semi-structured clinical interviews (e.g., MINI).
intellectual/cognitive batteries (Wechsler scales and Woodcock-Johnson IV COG), achievement batteries (WJ-IV ACH/Oral Language or WIAT-III) and a number of self-report paper-and-pencil questionnaires (e.g., Achenbach scales, BASC-3, BDI-II, BAI, etc.). Evaluation of ADHD include the administration of a semi-structured interview, one cognitive/intellectual battery (usually the WISC-V or WAIS-IV), and a number of additional measures designed to assess in a multi-method multi-rater way symptoms of ADHD (e.g., CPT-II, Brown ADHD scales, Barkley ADHD and Executive Functioning questionnaires, Conners’ Parent and Teacher scales, etc.).

(2) Behavioral Medicine Program at the MB-CRC and at the OWMC. The SBU-CEP behavioral medicine program includes as follows:

(a) Psychological Assessment and Treatment at the MB-CRC. Externs work with adult populations and provide supervised individual psychological diagnostic assessments and individual CBT-based psychotherapy for mood and anxiety disorders at the MB-CRC. Externs may also co-lead group-based psychotherapy including the following evidence-based programs: the Relaxation Response Resiliency Program, Dialectical Behavior Therapy, Weight Management Program, and the Health Enhancement Program.

(b) Psychological Assessment and Treatment at the OWMC. This program is designed to run for the duration of the externship, as it involves an initial specialized training in pre and post-surgical psychological assessment, and a continuity of experience in running group treatment programs with a multidisciplinary team assisting patients with weight loss and weight management. Externs conduct pre-surgical psychiatric diagnostic evaluations and pre- and post-surgical interdisciplinary skills training groups in an outpatient integrated care setting. Additionally, training opportunities 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 obesity, gastrointestinal motility disorders, chronic pain, or diabetes.

Application Requirements

Preference is given to clinical trainees who will have completed a minimum of two years of supervised practica prior to the start of their externship SBU-CEP, and who are in good standing academically in their program. Interested applicants should apply in accord with the 2017-2018 externship guidelines set forth by the PSYDNYS/NYNJADOT as described in the FDU Wiki site at (http://psychpracticum.fdu.edu).

Application materials: Cover letter, Curriculum Vitae, unofficial transcript, a de-identified “Case Conceptualization and Treatment Planning” report, a de-identified Psychoeducational Evaluation” report, and two letters of recommendation from clinical supervisors. Contact information concerning the applicant’s Director of Clinical Training (DCT) should also be provided.

Contact Information

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