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The Stony Brook University Consortium Externship Program: for SBU Students 2020-2021

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Introduction

The Stony Brook University Consortium Externship Program (SBU-CEP) offers a 12-month pre-doctoral externship in clinical psychology to qualified and advanced 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 & Behavioral Health (Stony Brook Medicine).

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 the L. Krasner Psychological Center website, as well as in the list of NYNJ externship sites uploaded on the APA site: <https://nynjadot.apa.org>.

The overall aim of the SBU-CEP is to train and educate psychology externs 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 to diverse adult and child patient populations, 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 and MB-CRC sites. 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. Based on the available supervisory resources, as well as current needs of the facilities involved in the SBU-CEP (e.g., space) and availability of patient populations, the content of the practicum will be tailored to each extern's level of experience and clinical interests.

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. Up to six unpaid psychology externships positions are offered for the year 2020 – 2021. The externship start/end dates are: 08/01/2020 - 07/31/2021.

Supervised practicum experiences are offered under specialty tracks including:

- General track
- Behavioral medicine/integrated care track
- Blended track

Specific training opportunities include:

- Providing CBT based psychological services via individual, couple, and family modalities for a variety of clinical problems as typically found in outpatient mental health facilities, including anxiety disorders, mood disorders, adjustment disorders, ADHD, family conflict, occupational problems, personality disorders, and comorbidities among these problems.
- CBT based intervention and parent coaching for internalizing and externalizing disorders in children/adolescents.
- Specialized training at the KPC in (a) Cognitive Behavioral Analysis Systems of Psychotherapy (CBASP) for the treatment of depressive disorders and complex clinical disorders and co-morbidities characterized by interpersonal problems; (b) Integrated Couple Therapy (ICT) for relationship distress; and (c) Exposure/Response Prevention (E/RP) approaches to treating anxiety disorders.
- Specialized training at the MB-CRC in (a) CBT based treatments for mood and anxiety disorders, traumatic stress disorders, obesity, chronic pain, and patients with co-morbid medical and psychological difficulties; (b) full-scale Dialectical Behavior Therapy (DBT) protocol (skills training group and individual therapy), (c) Stress Management and Resiliency Training Program; and, (d) Acceptance and Commitment Therapy (ACT).
- Time limited (10-week) skills-based group treatments for *ADHD*, *social anxiety*, *academic anxiety*, and *social skills*.
- *Psychological* and *Psychoeducational* assessment for children/adolescents and adults, including (a) semi-structured diagnostic interviews (e.g., MINI, K-MINI), (b) administration of cognitive and achievement batteries (Wechsler Scales, and Woodcock-Johnson –IV Scales, subtests from the D-KEFS), (c) administration of psychological evaluations for ADHD and giftedness, and (d) psychological evaluations for intellectual disability.
- Training in science-practice integration (e.g., using evidence-based protocols and treatment manuals, and integrating patients' outcome ratings in treatment planning and implementation to enhance treatment effectiveness).

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 fourth 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 (PCSAS). 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 CBASP for chronic depression, E/RP treatments for anxiety disorders, Couples/Relationship Treatment program, and various 10-session group treatment programs. 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; ADHD; 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 & Behavioral Health, 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 Stress Management and Resiliency Training Program, DBT, and behavioral health treatments, such as a weight management program. 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.

The MB-CRC also contains an active research program including randomized clinical trials evaluating the efficacy and effectiveness of CBT and mind-body treatments.

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 psycho-educational 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. The SBU-CEP behavioral medicine program includes as follows:

- a) Psychological Assessment and Treatment at the MB-CRC. Externs work with child/adolescent and 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 Stress Management and Resiliency Training Program, Dialectical Behavior Therapy, and a Weight Management Program.

Application Requirements

Required experience:

1. Intermediate/advanced level of training in psychological assessment and experience in delivering Cognitive Behavior Therapy (CBT) intervention models to *adults* and/or *children/adolescents*
2. Experience in conducting psycho-educational and psychological testing with the Weschler Scales (WPPSI-IV, WISC-V, WAIS-IV, WIAT-III) and the Woodcock Johnson-IV (COG, ACH, Oral language) batteries
3. Familiarity with scoring and interpreting some of the most typically used self-report questionnaires for psychological assessment (e.g., CBCL, BASC-3, Conners' Rating Scales, Brown ADHD scales, Barkley ADHD scales, BDI-II, BAI, etc.).

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 2020-2021 externship guidelines set forth by the PSYDNYS/NYNJADOT as described in the APA site <http://nynjadot.apa.org>.

Application materials:

1. Cover letter,
2. Curriculum Vitae
3. Unofficial transcript
4. Sample reports, including
 - a. One Case Conceptualization and Treatment Planning report
 - b. One Psychoeducational Evaluation report
5. Letters of recommendation from:
 - a. One primary clinical supervisor
 - b. Director of Clinical Training (confirming the applicant's good standing in the program and readiness for externship)

Contact Information

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