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The Stony Brook University Consortium Externship Program (SBU-CEP)

Introduction

The Stony Brook University Consortium Externship Program (SBU-CEP) offers a part-time, 12-month, doctoral externship in clinical psychology to qualified students currently enrolled in doctoral psychology programs. The SBU-CEP includes two-member agencies: the Leonard Krasner Psychological Center, 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, an outpatient facility associated with the Department of Psychiatry (Stony Brook Medicine). Although completely distinct in administration and location, both member agencies are part of Stony Brook University (SBU). The SBU-CEP is also associated with the SBU doctoral program in clinical psychology.

The SBU-CEP is a member of the NY/NJ doctoral externship programs. As such, we comply with the application/acceptance 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 on the NYNJADOT-PSYDNYS site: <http://nynjadot.apa.org> as well as on the Leonard Krasner Psychological Center website: https://www.stonybrook.edu/commcms/krasner--enter/professionals/pre_doctoral_externship_program.php

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 training and experiences in delivering services across various settings, including outpatient mental health facilities and hospital-based programs (e.g., psychiatric emergency medicine, inpatient psychiatry, consultation liaison psychiatry). Training includes experience in delivering cognitive-behavioral therapies (CBT), including third-wave CBT models including DBT, ACT, CBASP and mindfulness-based interventions, behavioral medicine, and in-hospital consultation and liaison services. The patient population includes adults, children, and adolescents.

General Information

The SBU-CEP 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. Schedule permitting, externs may also elect to attend our weekly two-hour didactics that are part of our APA Committee on Accreditation (CoA) accredited doctoral internship program, the Stony Brook University Consortium Internship Program. Up to 8 unpaid positions are offered each year. The externship start/end dates are August 1st to July 31st of any given year.

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 currently ranked 3rd among clinical psychology doctoral programs in the country (2020, U.S. News and World Report, Best Graduate Schools) and is accredited by both the 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, externs, doctoral interns, and post-doctoral fellows; and (b) to provide evidence-based mental health services to the campus and nearby communities. In addition to administrative personnel, the KPC staff includes trainees at different levels of training (as listed above) and clinical supervisors, including the director of the KPC, supervising faculty from the associated doctoral program, and supervisors from the SBU-CEP. Supervision will be provided by a licensed clinical psychologist or advanced trainee under the direct supervision of a New York State licensed clinical psychologist. All advanced trainees (i.e., doctoral psychology interns or postdoctoral fellows) providing supervision will have completed or be concurrently enrolled in a formal supervision (course and practicum) training program. Licensed supervisors will also be available to all externs for supervision and consultation on an as needed basis.

Consistent with the clinical scientist model that is foundational to the doctoral program in clinical psychology at SBU, the SBU-CEP at the KPC is designed to integrate science and practice through the Evidence Based Practice in Psychology approach described earlier. Externs attain clinical experiences across a wide range of evidence-based general, as well as specialized, psychological services. The KPC patient population is drawn from the campus and surrounding communities, and psychological services encompass assessment and treatment with patients of all ages, although adult populations are overrepresented. Treatment is provided via individual, dyadic, family, and group therapy modalities.

Psychotherapy services at the KPC are based on Cognitive-Behavior Therapy models and include treatment of a wide range of clinical problems as typically found in outpatient treatment facilities, including anxiety disorders, depressive disorders, adjustment disorders, stress related problems, relationship/couple issues, disordered eating, phase of life difficulties, learning difficulties, conduct problems, ADHD, weight difficulties, pain management, and co-morbidities among these problems; excluded are acute untreated psychotic disorders and severe substance abuse/addictions. In addition, the KPC offers specialized treatment clinics, such as the Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for chronic depression program, the Exposure/Response Prevention (E/RP) Center for Excellence for the treatment of anxiety disorders, the Couples/Relationship Treatment

program, and several group treatments (e.g., Executive Skills Training for ADHD, Unified Protocol for social anxiety and general anxiety problems, etc.). The KPC also provides a broad range of psychological assessment services, including comprehensive psychological and/or psycho-educational evaluations for Learning Disabilities and academic problems, ADHD, 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 located within the SBU south campus. 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, research, and training.

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 Resilience Training (SMART) Program, full-model Dialectical Behavior Therapy (DBT), and behavioral health treatments, such as training in 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. Thus, externs may have access to research training experiences including data analyses, manuscript preparation, and grant writing. Any research related activities will be in addition to the 16-hour clinical commitment to the externship program.

The patient population served at the MB-CRC is consistent with that of the larger patient population accessing services from the Outpatient Psychiatry Department at SBU Hospital. Patient demographics are as follows: 86% Caucasian, 6% Hispanic, 3% African American, 5% Other; 68% female and 32% male; and, 20% 18-30 years old, 27% 31-45 years old, 40% 46-60 years old, and 13% over 60 years old.

Supervision at the MB-CRC and affiliated hospital sites is provided by a cross disciplinary team composed of licensed clinical psychologists, psychiatrists, and pre/post-doctoral psychology trainees. As with the KPC, all unlicensed staff providing supervision are supervised by a NYS licensed faculty member and have completed or are concurrently enrolled in a formal supervision training program. As needed, on site access to an NYC licensed supervisor will also be available to all trainees.

The MB-CRC member agency includes several associated programs that are part of the Department of Psychiatry.

SBU-CEP Training Program

The SBU-CEP is designed to provide the externs with a “generalist” training experience across the two member sites and associated programs, including experience in general outpatient psychological care, behavioral medicine, inpatient services, and integrated care. The program is designed to encourage equal participation in both main outpatient programs offered at the KPC and MB-CRC sites, main inpatient programs at the SBU Hospital as well as participation in one or more of the rotational experiences at the two member agencies, which may include a time limited rotation and/or a year-long participation, depending on the interests and career goals of the extern and the characteristics of the minor program. Additionally, while the Externship program is designed to provide integrated generalist training across both main programs, the experiential component of the Externship concerning the delivery of psychological services can be modified to consider the interests and career goals of the extern. For example, an extern may choose an Externship program that emphasizes the generalist experience versus the behavioral medicine experience or vice versa.

Decisions about externs’ degree of involvement in main and minor Externship program area(s) are reached within the first two weeks of the Externship through a collaborative decision-making process between the externs and the members of the SBU-CEP Executive Board. Degree of participation in full year training experiences and rotational experiences are based on several factors, including the externs’ interests, their prior clinical experiences, their future professional goals, and the needs and characteristics of the programs themselves. Overall, externs typically spend 12 to 14 hours per week engaged in face-to-face service delivery (i.e. assessment, brief-intervention, individual or group therapy) across the SBU-CEP full year and rotational sites. The remainder of time is spent on supervision, administrative, and training activities. Main programs and minor programs are described next.

1) Full Year Training Experiences:

All externs participate in the two full year outpatient training opportunities, namely, the general outpatient program at the KPC and the behavioral health program at the MB-CRC. Experience in psychoeducational testing is available at the KPC. Full year experiences include an average total of about 8 hours of face-to-face client contact through individual or group interventions weekly combined across sites *plus* an average total of about 4 hours weekly related to assessment (e.g., psycho-educational evaluations, clinical intakes, etc.). Main outpatient programs are further described below.

(a) General Outpatient Program at the KPC

The general outpatient program at the KPC includes the following:

Psychological Treatment. Externs provide supervised psychological treatment to patients (primarily adults) who present with a wide range of clinical problems, as typically found in outpatient mental health facilities. Psychological interventions include a comprehensive intake assessment with a semi-structured clinical interview and self-report questionnaires. Additionally, outcome monitoring is closely integrated into treatment, as the patients provide weekly ratings about their psychological functioning via the Treatment

Outcome Package, an electronically based assessment system especially designed to provide ongoing information about patients' progress in treatment. Specialized clinics within the KPC provide Externs with experience in delivering Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for depressive disorders, Exposure/Response Prevention for Anxiety Disorders, Unified Protocol for Mood and Anxiety Disorders, and Integrated Couple Therapy (ICT).

- Psychological/Psycho-educational Assessment. Externs are expected to complete 2 full-battery psycho-educational evaluations for learning problems (or, if less than 2, they may complete 3 integrated reports concerning psycho-educational evaluations of LDs, ADHD, disability determinations, mental health clearance evaluations, and/or giftedness testing) with children, adolescents, and/or adult populations. Psychological/psycho-educational assessments include the administration of cognitive batteries (i.e., the Wechsler Scales) and achievement batteries (i.e., WJ-IV ACH/Oral Language and/or the WIAT-IV), diagnostic semi-structured interviews (e.g., MINI, K-MINI), and paper-and-pencil questionnaires (e.g., Achenbach's scales, BDI-II, BAI, BASC 3, Barkley's ADHD scales, Brown ADHD scales, Conners' scales, SNAP, etc.). Testing is conducted to investigate psychological, cognitive, and achievement factors underlying learning problems, substantiate the presence of specific learning disabilities, ADHD, and/or psychological/behavioral disabilities. Additionally, these evaluations may be used for substantiating additional diagnostic determinations and/or assess giftedness.

(b) Behavioral Health Program at the MB-CRC

The behavioral health program at the MB-CRC includes the following:

- Psychological Assessment and Treatment. Externs work with adult, young adult, and child/adolescent populations and provide individual psycho diagnostic assessments and individual psychotherapy for mood, anxiety, and personality disorders. Externs also have opportunities to co-lead group-based psychotherapy including the following evidence-based programs: the Stress Management and Resiliency Training (SMART) Program, Dialectical Behavior Therapy (DBT), Radically Open DBT (RO-DBT), CBT for insomnia (CBT-I), Adolescent Groups, and Behavioral Weight Management. Group offering may vary from year to year depending on staffing and trainee interests. Externs spend .5-1 days per week in the delivery of psychological services at the MB-CRC.

2) Hospital based rotations/training experiences:

Externs may have the opportunity to rotate through a variety of inpatient and outpatient psychiatric services at Stony Brook Medicine. The availability of these rotations is dependent upon the externs' availability and prior training experiences and competencies and the availability of rotation supervisors. These programs include:

- a. Comprehensive Psychiatric Emergency Program (CPEP). The CPEP provides emergency psychiatric services to people in urgent need of psychiatric evaluation, acute intervention, and referral services. Externs work closely with a multidisciplinary team to evaluate and coordinate care for individuals in urgent need of psychiatric services. Externs receive training in conducting psychiatric evaluations, treatment formulation and disposition, and care coordination within the context of the emergency department.
- b. Adult Inpatient Psychiatry Unit. The Adult Inpatient Psychiatry Unit is a self-contained 30-bed unit designed for the acute short-term stabilization treatment of adult inpatients with a

variety of psychiatric and behavioral problems including suicidality, bipolar disorder, schizophrenia, depression, and severe anxiety disorders. Externs work closely with a psychologist and with a multidisciplinary team to evaluate and care for patients on the Inpatient Psychiatry Unit. Externs participate in patient rounds with the team and co-run anger management, mindfulness, and DBT-based skills groups.

- c. Child Inpatient Psychiatry Unit. The Child Inpatient Psychiatry Unit is a self-contained 8-bed unit designed for the acute short-term stabilization treatment of child inpatients with a variety of Externalizing and externalizing disorders. Children attend school during the day in classrooms on the unit. Externs work closely with a psychologist, postdoctoral fellow and with a multidisciplinary team to evaluate and care for patients. Activities may include attending unit rounds, psychodiagnostic and psychoeducational testing, co-facilitating in skills groups, and brief 1:1 behavior therapy.
- d. Obesity and Weight Management Clinic (OWMC). At the OWMC, externs provide psychiatric diagnostic evaluations, short term individual CBT and third wave CBT based interventions interdisciplinary skills training groups in an outpatient interdisciplinary setting.
- e. Consultation Liaison (CL) Psychiatry. The CL service provides psychiatric consultation throughout the hospital. Externs attend patient rounds with a multidisciplinary team and provide psychiatric and psychological evaluations, short term interventions, and consultation to patients and clinicians on medical and surgical inpatient units throughout the SBU Hospital.
- f. Advanced Communications and Counseling Course. This experience involves teaching Spring and, Summer, web-based 15-week course(s) on CBT and third wave CBT interventions to students in the Nutrition Masters' Program through the Department of Family Medicine.

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 externship guidelines set forth by the PSYDNYS/NYNJADOT as described in the FDU Wiki site at (<https://psychpracticum.apa.org>).

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

Contact Information

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