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 (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). Although completely distinct in administration and location, both member agencies are part of the Stony Brook University (SBU). The SBU-CEP is partially affiliated with the SBU doctoral program in clinical psychology.

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 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,). Training includes experience in delivering cognitive-behavioral therapies (CBT), including third-wave CBT models including DBT, ACT, CBASP and mindfulness-based interventions, behavioral medicine, integrated care in primary care settings, and in-hospital consultation and liaison services. The patient population includes adults, children, and adolescents.
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. Schedule permitting, externs may also elect to attend didactic seminars offered via our APPIC accredited internship program (Wednesday mornings throughout the year). Four unpaid psychology externships positions are offered each year. The externship start/end dates are: 08/01- 07/31.

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 4th among 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, externs, doctoral interns, and post-doctoral residents; 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 who serves as a main supervisor for all trainees, 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., predoctoral psychology interns or postdoctoral psychologists) providing supervision will have completed or be concurrently enrolled in a formal supervision 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 shaping the doctoral program in clinical psychology at SBU, the Externship program at the KPC is designed to integrate science and practice through the EBPP 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, obesity/disordered eating, 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 a number of 10-session group treatment programs (e.g., Executive Skills Training for ADHD, Social Anxiety, Academic Performance Anxiety, CBASP for depression, etc.) which are offered 2-3 times/year. The KPC also provides a broad range of
psychological assessment services, including comprehensive psychological and/or psycho-educational evaluations for Learning Disabilities/learning problems, 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 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 smoking cessation and 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 MBCRC 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 minor programs 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 an integrated generalist training across both main programs, the experiential component of the Externship concerning the delivery of psychological services can be modified to take into account 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. Externs complete an Individual Development Plan (IDP), which includes short- and long-term professional goals and related plans for goal attainment (the IDP is included in Appendix K; p. Error! Bookmark not defined.). Each extern discusses the IDP with the members of the Executive Board, and placements in minor programs are assigned accordingly. As mentioned above, degree of participation in main and minor programs 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 major and minor rotation sites. The remainder of time is spent on supervision, administrative, and training activities. Main programs and minor programs are described next.

1) Main Programs:

All externs participate in the two main outpatient training opportunities, namely, the general outpatient program at the KPC and the behavioral medicine program at the MB-CRC. Experience in psychoeducational testing is available at the KPC. Main programs 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, as 70 percent of patients are adults) who present with a wide range of clinical problems, as typically found in outpatient mental health facilities. The most frequent problems include anxiety disorders, depressive disorders, adjustment disorders, interpersonal issues, family/parenting problems, learning difficulties, ADHD, ASDs, Conduct Problems/ODD, and diagnostic co-morbidities among these problems. 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 the externs with experience in delivering Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for depressive disorders, Exposure/Response Prevention for Anxiety Disorders, Integrated Couple Therapy, pain management, and time-limited group treatment experience for ADHD, social anxiety, academic anxiety, transition to college, mental fitness for International students, and coping with sexual assault.

- **Psychological/Psycho-educational Assessment.** Depending on their training goals, externs may have the opportunity to conduct full-battery psycho-educational evaluations for learning problems or psycho-educational/psychological evaluations for learning problems, ADHD, disability determinations, mental health clearance, and/or IQ testing for giftedness. Psychological/psycho-educational assessments include the administration of cognitive batteries (i.e., all the Wechsler Scales and Woodcock Johnson-IV COG) and achievement batteries (i.e., WJ-IV ACH/Oral Language and subtests from the WIAT-III), 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:

- **Outpatient Psychological Assessment and Treatment.** Externs work with adult and young adult populations and provide supervised individual psychological diagnostic assessments and individual CBT-based psychotherapy for mood and anxiety disorders at the MB-CRC. Many patients also present with co-occurring physical health concerns such as cancer, autoimmune illness, bariatric health concerns and chronic pain. Externs may also co-lead group-based psychotherapy including the following evidence-based programs: the Stress Management and Resilience Training (SMART) Program, Dialectical Behavior Therapy (DBT), CBT for Chronic Pain and the Behavioral Weight Management Program. The MBCRC offers a full model DBT program which includes individual therapy, skills coaching groups and phone coaching. Externs desiring to participate in DBT training must be available to attend treatment team meetings (Wednesdays 4:30-6pm) in person or via skype/teleconference.

2) Secondary Rotations:

Through the MBCRC, advanced externs may have the opportunity to rotate through a variety of hospital-based services including: a psychiatric ER (CPEP), a hospital consultation-liaison service, and our two inpatient treatment units (i.e., our 20-bed adult unit and 8-bed child unit). Application for participation in these rotations is competitive and available hospital rotations may vary depending on demand and applicant availability.

**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.

**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.

**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 internalizing 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.

**Consultation & Liaison Service (C&L).** The C&L service is comprised of physicians, clinical nurse specialists, medical and physician assistant students, fellows from psychiatry, neurology, family medicine, geriatric medicine and geriatric psychiatry, and psychology interns. The C&L team provides psychiatric consultation throughout the hospital. In 2015, the C&L team provided services to over 2,200 patients. The most common problems faced are related to substance use, depression, agitation, capacity for medication decision making, and suicidal ideation. Externs may 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 Stony Brook Hospital.

**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 [http://psychpracticum.fdu.edu](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**

Dina Vivian, Ph.D.
SBU-CEP Training Director (TD)
Department of Psychology
Stony Brook, NY 11794-2520
Telephone: 631-632-7830 and/or 631-632-7848
E-mail: dina.vivian@stonybrook.edu