

PSYCHOLOGY EXTERNSHIP PROGRAM NORTH CENTRAL BRONX HOSPITAL

Introduction

The Psychology Externship Program at North Central Bronx Hospital (NCBH) is offered by the Psychology Department, which is within the Department of Psychiatry. NCBH is a municipal in-patient and out-patient medical center affiliated with the Albert Einstein College of Medicine of Yeshiva University (AECOM). NCBH is also affiliated with Jacobi Hospital as part of the North Bronx Healthcare Network. NCBH serves the northwest Bronx, including Hispanic, African American, West Indian, Albanian, African, Vietnamese and other ethnic communities. Mental health and other services are routinely provided in Spanish and English, with interpreters available for patients speaking other languages. Psychologists at NCBH work in all the psychiatric services located in the hospital.

The purpose of the externship program is to provide qualified psychology graduate students with a rich variety of closely supervised clinical experiences in a community hospital setting. Externs are selected from among qualified applicants from doctoral programs in psychology. To qualify for application a student must have completed at least one year of clinical and psychodiagnostic assessment courses. It is understood that the school will provide a field-work supervisor who is responsible for on-going communication and liaison with NCBH. The externship will meet the school's academic requirements for course or field-work credit.

The externship extends from September to June of each academic year. Students are expected to spend a minimum of two and a half days per week at NCBH. Externs complete two half-year rotations; options are described in detail on the following page. The program provides an opportunity for supervised participation in a variety of didactic and clinical experiences, including routine and emergency evaluations, formal psychological assessment, short-term crisis intervention, inpatient milieu treatment, which includes individual, group and family therapy.

The program is designed so that students will initially observe, and then participate in selected clinical functions, always under the supervision of experienced psychologists and professional staff from other disciplines. In addition to supervised clinical learning experiences, externs attend weekly case conferences and team meetings on each service and a weekly didactic seminar. They are invited to attend on-going service and department seminars, as well as weekly Montefiore Medical Center/AECOM Psychiatry Grand Rounds and bi-weekly NCBH Grand Rounds.

Rotations (other than Inpatient), are available dependant on Service needs and available supervision.

Psychology Externship Training at NCBH

As a member of the AECOM Department of Psychiatry, NCBH is a major teaching site for trainees from psychology, psychiatry, medicine, social work and art therapy. Psychiatric services at NCBH include two 24 acute inpatient units and a Geriatric Inpatient Unit (for patients age 55+); an adult outpatient mental health clinic; an adult psychiatry emergency service; a child and adolescent crisis intervention program and a partial hospitalization program.

Psychologists play a major clinical, supervisory and leadership role on all psychiatry services, including areas less traditional for psychologists, such as the Psychiatric Emergency Service. The range of training opportunities allows us to tailor a program to the specific interests and needs of each extern while retaining the core components essential to a responsible clinical training experience.

Two half-year rotations, selected from the services listed below, afford trainees the opportunity for a variety of clinical experiences. Trainees placed in half-year rotations will also see outpatients for the full year from one of the outpatient services below.

Half-Year Rotations

- Adult Psychiatric Emergency Service/
Consultation-Liaison Service
- Child /Adolescent Crisis Intervention Program
- Adult Acute Inpatient Psychiatry
- Partial Hospitalization Program
- Geriatric Inpatient Psychiatry Unit

Psychological Testing

Psychological assessment is a unique skill of the clinical psychologist in both the treatment and research setting. It is therefore given special emphasis during the externship year. Training in psychological assessment at NCBH is founded on a basic competence with the traditional standard battery (WAIS-III, MMPI or PAI, TAT, Rorschach) which provides a comprehensive approach to understanding human functioning. Competence in this area joins a trainee to the large body of accumulated clinical experience that has developed over many years. The process of integrating that data orients the psychology student to the disciplining of clinical inference which is fundamental to all psychological assessment. The communication of test findings constitutes the fruition of that assessment. In addition to the formal written report, externs are expected to present their findings orally to the referring multidisciplinary team and to develop a sensitive approach for sharing feedback with the patient.

The rapid pace of acute care makes fluency in the use of more focal approaches to assessment essential for modern clinical psychologists. Advances in psychometrics along with contributions from research have greatly expanded the number of available instruments that can address specific dimensions of psychopathology. Each service has its own populations and externs will be exposed to those assessment techniques useful in particular settings. Externs will also have the opportunity to be introduced to neuropsychological screening and to the assessment of children.

Seminars

Weekly seminars and case conferences, many shared with psychology interns from NCBH and Jacobi Medical Center, are available to all students. All psychology externs attend a weekly seminar, many shared with the psychology interns from NCBH and Jacobi Medical Center, which covers a broad range of topics including diagnostic interviewing, treatment of psychoses, multicultural issues, crisis intervention, psychopharmacology and group therapy. Students will also have the opportunity to discuss issues in psychotherapy using case presentations.

Each clinical service has regular team rounds and clinical case conferences in which the externs participate as integral members of the clinical staff. Trainees are also invited to attend weekly Montefiore Medical Center/AECOM Psychiatry Grand Rounds and NCBH bi-weekly Grand Rounds.

Application Procedures

APPLICATION DEADLINE FOR NCBH IS February 1st, 2009

Please submit a letter of interest, specifying the placement or rotations you are seeking, together with a copy of your C.V., a case summary and/or test report, and two letters of reference. Complete application should be sent via regular mail to the address below.

For specific questions Dr. Willann Stone can be reached at (718) 519-3914 and Dr. Lucy March at (718) 519-3914. Queries can also be e-mailed to: carmen.correa@nbhn.net

Willann Stone, Ph.D., Director of Externship Training
Lucy March, Ph.D., Co-Director of Externship Training
Psychology Externship Training Program
North Central Bronx Hospital
3424 Kossuth Avenue - **Rm. 11C-08**
Bronx, NY 10467

Please do not e-mail application.

Externship Program

Adult Psychiatric Emergency Service/Consultation-Liaison Service

Externs may request a rotation in the Psychiatric Emergency Room where they will have the opportunity to conduct psychiatric evaluations, determine psychiatric diagnoses and develop and implement disposition plans for patients at their point of entry to the hospital. Patients seen in the ER manifest a full range of acute psychiatric symptomatology as well as chronic psychopathology. During this rotation, externs will become familiar with a broad spectrum of psychiatric diagnoses including substance abuse, schizophrenia, depression, mania, panic disorder, personality disorders and will have the opportunity to evaluate patients who have threatened suicide or made suicide attempts. A strong emphasis is placed on learning how to determine if a patient requires hospitalization and in particular, how to assess for dangerousness to self or others.

The psychiatric evaluation process includes patient interviews, family contact and interfacing with other mental health agencies. Clinical interventions may also include family therapy sessions in the ER.

In addition to seeing patients in the emergency room, as part of the ER's consultation liaison service with the medical teams in the hospital, externs will see patients on the medical floors, including the intensive care unit. Patients seen through the C/L service typically have co-occurring psychiatric disorders, present management issues, or need evaluations in order to determine their capacity to refuse medical treatment.

Externs will be closely supervised by a psychologist and will also work with a multidisciplinary team that includes psychiatrists, social workers and nursing staff. This rotation will allow the extern to have the experience of functioning as a primary clinician in a psychiatric emergency service.

Child and Adolescent Crisis Intervention Program

The Child and Adolescent Crisis Intervention Program functions as part of the Psychiatric Emergency Service at NCBH. The team performs three roles: 1) emergency evaluations and disposition, when indicated, to inpatient psychiatric treatment; and 2) short-term crisis intervention and outpatient treatment to avert hospitalization (average follow-up ranges 6-8 outpatient visits, but can be longer, as indicated); and 3) linkage and referral to the appropriate ongoing clinical and social services. The team is multidisciplinary and bilingual (Spanish/English), and includes child psychologists and a child psychiatrist. Children and adolescents are seen individually, and together with parents, family or other caretakers. Parents are also seen for individual parent guidance, and occasionally brief psychotherapy.

The Child and Adolescent Crisis Intervention Program is funded through a community mental health reinvestment grant. It sees children and adolescents ages 0-17 (the youngest child seen to date was 2 1/2) with a range of acute presentations, including suicide/homicide risk, psychotic decompensations, severe PTSD, major depression, ADHD, and conduct disorder. Cases originate in the NCBH pediatric emergency service and pediatric outpatient clinics or are referred directly by local schools, youth agencies and parents. The service collaborates actively with several child and adolescent psychiatric hospitals and numerous other outpatient clinics and day treatment programs. With the ability to provide immediate, brief outpatient follow-up in lieu of hospitalization, the service has cut the prior NCBH psychiatric hospitalization rate for children and adolescents from 50% to 30%.

All children seen receive complete psychiatric evaluations, including individual and parent/family interviews, collateral contacts and evaluations for medication if indicated. Psychiatric hospitalization is arranged when necessary. However, many children present with symptoms that are occurring in response to significant psychosocial stressors and would not need hospitalization if immediate, short-term but intensive outpatient services were available to them. These children and families are seen in subsequent individual, parent/couple and family visits to stabilize the presenting crisis and assist the families in securing the appropriate ongoing services.

The team is an active training site for students from different disciplines. Psychology externs are closely supervised by psychologists on staff and interact extensively with all staff. Externs function as team members, and after sufficient training may serve as primary clinicians on the team. Skills to be learned include:

- Child/adolescent assessment, brief case formulation, DSM-IV diagnosis and emergency disposition/treatment planning.
- Short-term child and parent individual, family and group treatment (average 6-8 visits, with more extended treatment possible).
- Multi-disciplinary and inter-agency collaboration, case consultation, effective linkage and referrals.

Adult Inpatient Psychiatry

The inpatient services at North Central Bronx Hospital are comprised of two locked, 24-bed, acute care units providing treatment for patients with psychiatric disorders. Patients are typically committed to the hospital and their stay averages three weeks. The units are structured to provide a milieu treatment setting in which both staff and patients participate in the recovery process.

The extern will function as a full member of a team, which includes psychology, social work, psychiatry, creative arts therapies and nursing. Students from all disciplines are represented on the team. The major goals of the inpatient service are to provide rapid and thorough assessment and treatment of the acute psychiatric episodes and discharge planning. Externs will be the therapist for one to two patients on the inpatient service, co-lead groups, including community meetings, conduct interviews of new admissions and present their cases in twice weekly team meetings.

Patients hospitalized at North Central Bronx Hospital are primarily from poorer, ethnically diverse backgrounds, with the majority being Black and Hispanic. Diagnostically, a broad spectrum of presenting problems are seen on the unit, including schizophrenic disorders, major affective processes and a range of character pathologies. On admission an attempt is made to gather comprehensive information about the individuals, their past and their environment in an effort to understand which factors in a person's life have converged to contribute to the need for psychiatric hospitalization.

Treatment on the unit stresses the use of the milieu. Patients are seen individually, with their families and in groups. Psychotropic medication is provided by an attending psychiatrist.

An important part of the work during an acute hospitalization is discharge planning. All patients need some form of treatment after leaving the hospital and the team attempts to provide the referral best suited for a person's level of health and need for structure and supervision. Typical discharge plans include: transfer to Bronx Psychiatric Center for a longer hospitalization, day hospitalization, outpatient psychotherapy, and psychiatric club houses weekly individual and group supervision is provided by the unit psychologist.

Geriatric Inpatient Unit

The Geriatric Inpatient Unit is an acute care unit serving adults age 55+. Externs on the service will serve as therapists for individual patients as well as co-leading a group. The geriatric population is the fastest growing segment of those receiving psychiatric services. A rotation on this unit will help students gain proficiency in working with patients with dementia and multiple medical problems as well with psychosis and mood disorders. Students will also have the opportunity to do neuropsych testing.

Partial Hospitalization Program

The Partial Hospitalization Program (PHP) at NCBH provides short-term, intensive outpatient evaluation and treatment to adults with acute psychiatric symptoms who would otherwise require inpatient treatment. The purpose of PHP treatment is to prevent or reduce psychiatric inpatient stays. The PHP is a multi-disciplinary team (psychology, psychiatry, social work, activity therapy and rehabilitation counseling) that offers the following services:

- Screening and intake
- Psychiatric and psychosocial assessment
- Health screening and referral
- Medication therapy and education
- Individual psychotherapy
- Family therapy
- Group psychotherapy
- Creative arts therapy
- Case management, advocacy and linkage
- Psychiatric rehabilitation readiness counseling
- Crisis intervention services

The PHP is an active training site for psychology, social work and creative arts therapists. Trainees work under close staff supervision (individual and group), participate in all aspects of evaluation and treatment, and may function as primary clinicians.

**NORTH CENTRAL BRONX HOSPITAL
PSYCHOLOGY FACULTY**

Heather Nash, Ph.D., Site Director of Psychological Services & Training

Gladys Acevedo, Ph.D., Psychologist II, Outpatient Mental Health Service

Lisa Braun, Ph.D., Psychologist I, Inpatient Psychiatry Unit

Ilana Breslau, Ph.D., Psychologist II, Outpatient Mental Health Service

Conrad Chrzanowski, M.A., Psychologist I, Outpatient Mental Health Service

Susanna Feder, Ph.D., Psychologist II, Inpatient Psychiatry Unit

Mark Finn, Ph.D., Consultant Psychologist

Carey Gage, Ph.D., Psychologist II, Inpatient Geriatric Unit

Deborah Hayes, Ph.D., Psychologist II, Child & Adolescent Crisis Intervention Program

Sharon Herzog, Psy.D., Psychologist I, Outpatient Mental Health Service

Todd Kray, M.A., Psychologist I, Inpatient Psychiatry Unit

**Lucy March, Ph.D., Psychologist II, Psychiatric Emergency Service
Co-Director of Psychology Externship Training**

Kristopher Martin, Ph.D., Psychologist II, Partial Hospitalization Program

**Sunita Mohabir, Ph.D., Psychologist I, Assisted Outpatient Treatment Program/
Psychiatric Emergency Service**

Rebecca Reischer, Psy.D., Psychologist I, Child & Adolescent Crisis Intervention Service

Banu Erkal, Ph.D., Psychologist I, Child & Adolescent Crisis Intervention Service

Ann Smith, Ph.D., Psychologist II, Outpatient Mental Health Service

**Willann Stone, Ph.D., Psychologist II, Rehabilitation Medicine North Bronx Healthcare Network;
Co-Director of Psychology Externship Training, NCBH**

**DIRECTIONS TO
NORTH CENTRAL BRONX HOSPITAL
3424 KOSSUTH AVENUE
BRONX, NEW YORK 10467
(718) 519-5000**

BY CAR:

1. **Bronx River Parkway to Gunhill Exit. Make Left if going North (Right if going South). Continue straight to DeKalb Avenue. Make Left on Dekalb - Find Parking. Hospital is Left of the Divide.**
2. **West Side Highway to Mosholu Exit. Mosholu to West Gunhill. Turn Left on West Gunhill. At West Gunhill and Jerome there is a Municipal Lot. Walk up West Gunhill (it becomes East Gunhill) Make Right at Dekalb Ave. to NCBH.**
3. **Major Deegan to East 233rd Street Exit. Make Right turn at Exit if going North (Straight if going South). Stay Right of Divide at the 1st light after Exit - Jerome Avenue. Make Left on Gunhill Road. Right on Kekalb. Find Parking. Hospital is on Left of Divide.**

PARKING

Municipal Parking Garage at Jerome Avenue (Between Gunhill Rd. and 211th Street).

Montefiore Hospital Parking Lot at 210th Street off Bainbridge Avenue.

BY TRAIN:

#4 (Woodlawn Jerome) to Mosholu Parkway. Walk two blocks north to 208th Street. Turn Right to Kossuth Avenue.

BY EXPRESS BUS

Liberty Lines operates an Express Bus (BX M 4) to BAINBRIDGE and 210th Street in the Bronx from Madison Avenue in Manhattan. Discharge points from the Bronx are on Fifth Avenue. The cost is \$5.00 each way. For schedule and routine information, call (718) 652-8400.

NORTH CENTRAL BRONX HOSPITAL

PSYCHOLOGY EXTERNSHIP TRAINING PROGRAM

APPLICANT NAME _____

MAILING ADDRESS _____

DAYTIME PHONE: _____

EVENING PHONE _____

E-mail _____

GRADUATE SCHOOL: _____

ADDRESS: _____

CONTACT PERSON: _____

Director of Training

TELEPHONE #: _____

E-mail _____

CHECKLIST:

- Letter of Interest _____
- CV _____
- Case Summary _____
- (and/or) Test Report _____
- 2 Letters of Reference (1) _____
- (2) _____

Please return this checklist with your application.