

EXTERNSHIP PROGRAM DESCRIPTION

The externship is a 12-month, part-time experience beginning in mid- June and extends until mid to late June of the following year. An extern typically accrues between 700 and 780 hours through the PIW externship program in professional psychology. The externship offers an array of training experiences including individual therapy, group therapy, psychological assessment, clinical supervision, and didactic training.

Assessment externs co-lead two to three group therapies per week, complete an average of one psychological assessment per four weeks, participate in a psychological assessment seminar with an opportunity to present (1 hour per week) and attend supervision (2.5 hours per week). Supervision of group therapy is conducted in a process group format, co-led by a licensed supervisor. Supervision of psychological assessment is facilitated by an intern (45 minutes weekly) and a licensed psychologist (1 hour weekly).

Therapy externs co-lead three to four group therapies per week, carry a caseload of three to four individual therapy patients seen twice a week, participate in a didactic seminar with an opportunity to present (1 hours per week). Supervision of group therapy is conducted in a group format, co-led by a licensed supervisor. Supervision of psychological individual therapy is facilitated by a licensed psychologist (1 hour weekly) and facilitated by an intern (45 minutes weekly)

Program Components

The following are components of the externship program. The schedule is based on a 16 - 20 hours per week, one year externship.

Individual Psychotherapy

Therapy externs typically carry an individual caseload of four individual therapy patients seen in therapy twice weekly with an age range of ten through adulthood, depending on their interests. Externs may elect to develop experience with one age group during their training year. However, externs will be expected to have a range within their overall caseload in an effort to develop familiarity with developmental differences across the age ranges. Individual therapy patients vary diagnostically and the training period is designed to aid the externs in developing advanced clinical skills in psychotherapeutic work with a variety of diagnostic groups. Individual therapy cases are typically short-term and may involve a variety of therapeutic interventions.

Group Psychotherapy

Externs co-lead three to four groups, of varying age groups, depending on their preference. Group therapy is offered on all of PIW's units, serving patients with severe emotional illnesses. The range of group experiences includes play therapy, structured groups (e.g. ACT), psycho education, and process groups. Externs are encouraged to develop groups in which they have special interest or expertise. We

also encourage externs to work with groups that they have little previous experience with to facilitate the development of new skills.

Psychological Assessment

Assessment externs are required to complete psychological assessments as needed during the course of the training year. Students typically complete between 10 - 12 full batteries during their externship. Incoming externs are expected to have had sufficient prior experience in testing to enable them, at the beginning of the training period, to administer, score, and provide basic written interpretations of intelligence testing (e.g. WAIS-IV, WISC-IV), objective personality measures (e.g. MMPI-2, MMPI-A, SCL-90), and projective personality measures (e.g. Rorschach, TAT, House Tree Person). Our goal is to help the trainee use multiple sources of data to provide an integrated and coherent understanding of the individual and the difficulties s/he are struggling with. Possible data sources include patient-examiner relationship, assessment data, early history, medical records, school records, legal records, and collateral interviews. Familiarity and experience with other instruments is helpful. Students will gain increased understanding of the uses and implementation of a full battery of testing with an emphasis on critical thinking, integration of test data, and diagnosis.

Unit Responsibilities

Externs are considered vital members of the department of psychology and the hospital at large. As such, externs are expected to communicate with unit staff members in regard to patient treatment (e.g. providing individual and group therapy, conducting psychological assessment with individual in-care). These team members include the treating psychiatrist, the appointed social worker, unit nurses and psychiatric technicians. Externs are also encouraged to attend family meetings and/or behavior planning meetings whenever possible.

Seminars

One hour per week is devoted to didactic seminar. All externs are required to attend. Later in the training, externs may be asked to conduct a 30 minute presentation on an assessment case, therapy case, or particular area of expertise.

Supervision

Clinical supervision is an integral aspect of the externship. Each extern receives a minimum of two hours of supervision per week, one hour of which is individual supervision with a licensed clinical psychologist. Each assessment extern is assigned an intern supervisor and a licensed psychologist supervisor for psychological assessment, which will switch halfway through the training year. Group therapy will be supervised in group supervision facilitated by at least one licensed psychologist.

Evaluation Procedures

Supervisors formally evaluate externs according to the training program's required competency goals. Evaluations are discussed with the trainee and signed by both the trainee and supervisor. Routinely scheduled meetings of the training faculty allow for ongoing monitoring of trainees' performance.

EXTERN ELIGIBILITY

Externship applicants *must* currently be enrolled in a Psy.D. or Ph.D. program in Clinical or Counseling Psychology, have completed one or more years of graduate work in a clinical or counseling psychology program, and have approval from their program director to go on externship.

Applications for externship will be rated in consideration of the following criteria: academic preparation, clinical experiences, and fit between the applicant's learning and career objectives and our program's offerings. Candidates with practicum training/clinical experience with psychological testing and the severely mentally ill are preferred.

In accordance with the DC Human Rights Act of 1977, as amended, DC Code 1-2501, et seq., (The Act), PIW does not discriminate on the basis of race, color, religion, national origin, sex, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, or place of residence or business. Sexual harassment is a form of sexual discrimination which is also prohibited by the Act. Discrimination in violation of the act will not be tolerated. Violators will be subject to disciplinary action.

Application Procedures

It is the responsibility of the applicant to assemble all application documents and send as one packet.

Applicants should submit:

1. Letter of interest defining reasons for wanting to train at PIW and why the PIW externship fits your career goals
2. Curriculum vita
3. Graduate school transcript(s)
4. Three (3) letters of recommendations from persons familiar with your clinical work,
5. For assessment extern applicants, a sample of a full battery psychological evaluation (minus identifying information) that includes both intellectual and objective and/or projective personality test measures

We accept electronic versions of all documents. Letters of recommendation can be scanned and sent to us, but current phone number and email of the references must be provided for verification of authenticity of the letters. Electronic submissions should be made to jennifer.kahler@uhsinc.com in ONE email.

Completed applications must be received by **February 15th**.

After the initial review of the application packages, selected applicants will be invited for interview.

Interview Dates and Location

Persons invited for interviews will be contacted via email. Externship interview appointments are to be determined.

All interviews will be held at the Psychiatric Institute of Washington. The hospital is located at 4228 Wisconsin Avenue, N.W., Washington, D.C. 20016

Training Position Offers

PIW follows the rules and standards set forth by the Psychology Externship Consortium. Externship position offers will be made by phone call on the Externship Notification Day.

In accordance with PIW's hospital policies, we also require an employee physical examination with tuberculosis skin test and criminal background check to be completed prior to coming on board at the hospital.

Program Changes will be posted on the website: www.psychinstitute.com