



**DEPARTMENT OF PSYCHIATRY
DIVISION OF PSYCHOLOGY**

PROSPECTUS

*PREDOCTORAL CLINICAL INTERNSHIP
IN
PSYCHOLOGY
2010-2011*

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INTERFAITH MEDICAL CENTER

CLINICAL PSYCHOLOGY INTERNSHIP PROGRAM

Interfaith Medical Center, located in Brooklyn, New York, offers an APA accredited pre-doctoral psychology internship open to students in the substantive areas of clinical, school and counseling psychology. Although all interns essentially follow the same clinical track, opportunities are provided for school and counseling students to meet their specific training requirements. All interns work with children and adolescents as well as with adults and rotate through the inpatient, outpatient, day treatment and mobile crisis units. Our commitment is to training clinicians to work within a multicultural context, in all areas of the clinical dimension, within an urban hospital setting.

FACILITY

Brooklyn, the largest of the five boroughs of the City of New York, has an extremely diverse population with many clearly defined neighborhoods, cultures, ethnic and racial groups, frequently divided along socio-economic lines. Although Interfaith Medical Center provides services to the entire borough, it primarily serves the Crown Heights and Bedford-Stuyvesant Community Districts.

Interfaith Medical Center is a private voluntary hospital created out of a merger between St. John's Episcopal and Brooklyn Jewish Hospitals. In order to continue to meet its commitment to the community, Interfaith has been undergoing a major modernization program, supported by a New York State backed bond issue, with most of the new facilities having been completed in 2003. We are now located in a modern and beautifully appointed building and are continuing to expand some of our services and facilities.

TREATMENT SERVICES - DEPARTMENT OF PSYCHIATRY

The Department of Psychiatry is one of the largest divisions of IMC, comprised of the following treatment units:

- *A 24 hour, 7 day a week, psychiatric emergency room;
- *Four acute care psychiatric inpatient units, totaling 120 beds;
- *An inpatient substance abuse detox service;
- *A 28-day drug rehabilitation program (inpatient);
- *A partial hospital program for sub-acute patients;
- *The CMH (Center for Mental Health), a full-service outpatient clinic, which follows approximately 800 patients of all ages and diagnostic categories;
- *An outpatient day treatment program for persons with a history of alcohol and/or drug abuse that provides both outpatient and day treatment programs;
- *Methadone maintenance programs that serve approximately 700 clients;
- *An intensive psychiatric rehabilitation and training program for clients preparing to return to work or school;
- *A Mobile Crisis Team which provides psychiatric services to people in the community who are unwilling or unable to access traditional mental health treatments, in addition to being available to respond to crises within the larger community context;
- *The Special Treatment Unit for HIV/AIDS patients and families;
- *A MICA (mentally ill chemical abusing) day treatment program.

There are also the following behavioral health programs located within the immediate community:

- *Adult Clinic;
- *Child/Adolescent Clinic;
- *Continuing Day Treatment Program;
- *Alternative Housing Program;

PROGRAM PHILOSOPHY AND INTERNSHIP TRAINING GOALS

The mission of the Interfaith Medical Center is to "...provide high quality and cost effective health services responsive to the needs of the residents of Brooklyn and the surrounding metropolitan areas." The psychology internship program was designed to reflect this mission and to prepare students to become clinicians who are expert in working in the public sector with a disadvantaged population exposed to high levels of environmental stress. To accomplish this goal, the program provides a comprehensive and sequential training in the requisite diagnostic and treatment skills needed to work within this scope. The value of diversity and the importance of understanding the individual within his or her own context are strongly emphasized. The internship program provides a structured and supportive environment, aimed at fostering the development of competent clinical practitioners, capable of functioning in a rapidly changing health care system. The program's primary objectives are:

- *To develop the skills for collaborative work with other disciplines;
- *To foster high standards of professionalism regarding ethical practice and quality of care;
- *To develop an understanding of the needs of the individual as well as those of the greater community;
- *To encourage self-awareness and ongoing professional development, including the ability to recognize and cope with personal issues that affect professional functioning;
- *To develop professional competence in diagnosis and assessment and psychotherapeutic intervention;
- *To promote skills in outcome assessment and program evaluation and development;
- *To develop the skills to work with an underserved inner city population living in an impoverished environment;
- *To learn to work with individuals whose lives can be extremely stressful and are frequently marked by poverty, mental illness, substance abuse and a high incidence of HIV/Aids;
- *To develop a sense of competence in working with children, adolescents and adults in a variety of treatment modalities.

PROGRAM STRUCTURE AND CLINICAL ROTATIONS

The internship is an APA accredited 1900 hour twelve-month full-time program, which begins in July. This internship meets the requirements for predoctoral hours for licensure in most states. It is, however, in the interest of the candidate to determine whether this program would provide the requisite number of hours in any particular jurisdiction, prior to making application. Interns are offered the executive benefits plan that includes medical coverage, at minimal cost, 20 vacation days per year, 12 sick days, 12 holidays/personal days and conference time. The current stipend is \$20,567. Four interns are recruited each year through APPIC listings as well as through participation in the New York State and New Jersey Internship Fairs that attract candidates from regional universities. The program has a policy of non-discrimination in recruitment with regard to personal and demographic characteristics, while maintaining a strong commitment to training new psychologists from diverse backgrounds.

The four full-time interns are based throughout the year in the Center for Mental Health (CMH) on a half-time basis. It is there that they carry their primary outpatient caseloads working with a variety of individuals of differing diagnostic categories. Various treatment modalities are utilized, including family,

individual and group therapy in both long and short term formats. Interns are assigned 12-15 individual patients including children, adolescents and adults and are encouraged to have as broad an experience as possible. There are opportunities for interns to lead or co-lead groups, conduct research, or become involved in a department or quality improvement project. For interns coming from counseling or school programs, schedules can be modified to meet individual needs. For example, school psychology students spend a day at a neighborhood alternative high school doing evaluations, conducting on-site group and/or individual therapy and consulting with teaching staff. In addition, they receive specific training in child/adolescent treatment and assessment.

Psychological testing and assessment is also an integral part of the training experience and each intern is expected to complete eight batteries during the year. Referrals may come from any of the various psychiatric services as the aim is to provide the intern with an array of diagnostic questions so as to ensure that he or she develops skills in a broad range of assessment techniques. Emphasis is placed on writing clear and concise reports and in being able to communicate test results to other professionals as well as to the patient and family. There is also a strong emphasis on multicultural factors in testing and there are ongoing testing seminars that focus on discussion of these issues.

In addition to the CMH, there are three rotations that are a requirement of the training year. These assignments run concurrently with the CMH, comprise the remaining half time of the schedule and include an inpatient acute care psychiatric unit (6-month rotation), The Mobile Crisis Team and the outpatient MICA day treatment program (3-month rotations). On each of these units, interns are integrated into the treatment teams and are given increasing levels of patient responsibility, when deemed appropriate by their supervisors. Individual and group therapies are utilized in these settings where interns will also learn treatment and discharge planning, as well as case management skills.

During the initial two-week orientation period, interns are provided with an intensive series of seminars and orientation sessions, including touring the various units within the Department. These seminars provide them with training in the philosophy of the Department and the goals and model of our training program. There are introductory seminars in homicidality/suicidality; abuse reporting; ethics/confidentiality; approach to diagnostic testing; multiculturalism; transference/countertransference; CPI (crisis prevention) training; working with the seriously mentally ill; substance abuse treatment; play therapy; community resources and testing from a multicultural perspective. It is also during this period that interns have an opportunity to begin to become acquainted with their supervisors and to familiarize themselves with the standards for paperwork and teamwork.

DIDACTIC SEMINARS AND GRAND ROUNDS PROGRAMS

Classes are held for one and one-half hours every Tuesday morning throughout the year and are a requirement for all students. Subjects usually covered in these seminars are as follows:

- *Cultural competency training and ongoing monthly case conference;
- *Transference/counter-transference and ongoing monthly case conference;
- *Play therapy;
- *Interviewing techniques;
- *Substance abuse treatment;
- *Group/family therapy;
- *Short-term therapy;
- *Learning disabilities;
- *Assessing for suicidality/homicidality;
- *The aggressive patient;

- *The borderline patient and other personality disorders;
- *Psychosis;
- *Psychopharmacology;
- *Supervision;
- *Case conceptualization;
- *Evidence based treatments;
- *Multi-cultural testing.

Grand Rounds are held twice a month for the Department of Psychiatry and speakers are invited to present on a variety of clinical, research or general topics of interest. In addition, there are various in-service activities that are held throughout the year, which are open to students, as is the annual daylong workshop. Previous programs have included family therapy, cognitive-behavior therapy, short-term treatment, short-term group therapy, crisis intervention and supervision. These workshops are also open to the professional community, at large.

SUPERVISION

The size and scope of the Department affords ample opportunity to draw on the expertise of a multi-disciplinary staff with varied training experiences. Each intern is assigned to a primary supervisor with whom he or she meets a minimum of two hours per week, as well as a diagnostics supervisor with whom the intern meets one hour per week. Further individual supervision is provided on each of the rotations, also for a minimum of one hour a week. In addition, the interns meet together twice monthly in group supervision, of group techniques and twice a month they meet with the Director of Training. This latter group may encompass a general discussion, case presentations, journal readings, peer supervision or discussion of dissertation topics. Finally, they participate in an ongoing process group led by a psychologist not otherwise involved in their training or evaluation process.

EVALUATION

At the beginning of the training year, interns are given an orientation to the program, the Department of Psychiatry, the hospital and the surrounding community. Each intern receives a Policy and Procedure Manual, which outlines program expectations and requirements for documentation, supervision and the steps to be followed if problems arise. This is reviewed with them.

Throughout the year, evaluation and feedback occur continually, both formally and informally. The primary and diagnostics' supervisors, on a tri-annual basis, complete written evaluations and one is done at the end of each clinical rotation by the unit supervisor. Copies of the completed evaluations are forwarded to the respective academic institutions at mid-year and at year-end. Interns are asked, twice during the year, to complete program evaluation forms as well as a seminar evaluation following each didactic class. Primary and diagnostics supervisors receive written evaluation forms by the supervisee at the end of the training year. The Training Director, with the aim of maintaining or improving program quality, reviews all of these evaluations.

SELECTION PROCESS

IMC utilizes the standardized APPIC application form and requests, in addition, that candidates submit two letters of reference, a C.V., a transcript and a sample psychological test report. The application deadline is November 15th and every attempt is made to notify each candidate of his or her interview status by December 15th. Although all application materials are reviewed, preference is given to those candidates who have a stated objective of working within an inner-city institution with an underserved population. Previous externship is required, as is familiarity with diagnostic testing, including

projectives. We value prior clinical exposure to children, substance abuse and an acute care population but would consider applicants who have not yet had those direct experiences. No candidate is given final consideration without being seen for an interview and we offer several choices of interview date. The interview process, itself, consists of a group meeting where five to seven candidates participate in a group orientation and description of the program followed by a question and answer period. There is a group interview conducted by the director of training, the chief psychologist, the clinical coordinator of the CMH and a current intern and then an individual interview with a staff psychologist. Current interns are also on hand to meet with the candidates and answer any additional questions they may have. The entire procedure takes about two hours. IMC participates in the APPIC match.

Appointments to internship positions will be contingent upon meeting certain eligibility requirements, as stipulated by the IMC Department of Human Relations. This may include a criminal background check, a physical examination, including drug testing, clearing the child abuse registry and any other pre-employment materials that may be requested.

Please submit all application materials to: Dr. Janet Weisberg, Director of Training, Department of Psychiatry, IMC, 1545 Atlantic Avenue Brooklyn, NY 11213.

ADDITIONAL RESOURCES

Library: There is a medical library to which the interns have access. Books and journals relevant to psychiatry can be found or can be requested, when needed.

Video equipment: The Department of Psychiatry maintains basic a/v equipment needed for training purposes.

Computers: There are computers located in the interns' CMH offices with online capability.

Office space: There are offices and telephones in the CMH, specifically designated for interns' use. Secretarial support staff is also available to the interns.

Stipend: \$20,567. Benefit package is available at moderate cost.

Vacation: Four weeks per year; Sick days: 12 per year; Holidays: 12 per year

SUPERVISION AND ADMINISTRATION - DEPARTMENT OF PSYCHIATRY

Administration

Jochanan M. Weisenfreund, M.D.
Chairman, Department of Psychiatry

Barbara Messier, R.N.
Associate Director of Psychiatry

Kang Yun Yu, M.D.
Assistant Director

Joel Sambursky, Ph.D.

Chief Psychologist
Unit Chief - CMH

Janet S. Weisberg, Ph.D.
Director of Education and Training

HOSPITAL ADMINISTRATION

Luis Hernandez
Chief Executive Officer

Ebone McIntosh
Chief Operating Officer

SUPERVISORY AND TRAINING FACULTY - DEPARTMENT OF PSYCHIATRY

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Janet S. Weisberg, Ph.D.
David Whitaker, Ph.D.
Lauren Whitelaw, Ph.D.
Randy Wolf, Ph.D.

LOCATION/TRAVEL DIRECTIONS

Interfaith Medical Center is located at 1545 Atlantic Avenue, Brooklyn, NY 11213 between Albany and Troy Avenues. To travel by subway - take the "A" train to Utica Ave. or the "C" Train to Throop/Kingston. Walk from Fulton to Atlantic. The LIRR stops at Nostrand Avenue and Atlantic and is about a four-block walk to the hospital. Telephone: Hospital main number (718) 613-4400.

**Dr. Janet S. Weisberg, Ph.D. Training Director (718) 613-4489.
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**Accredited by the American Psychological Association
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