



**JAMAICA HOSPITAL
MEDICAL CENTER**

**DEPARTMENT OF PSYCHIATRY
DIVISION OF EDUCATION**

**CLINICAL PSYCHOLOGY INTERNSHIP PROGRAM
BROCHURE**

JAMAICA HOSPITAL MEDICAL CENTER
DEPARTMENT OF PSYCHIATRY
DIVISION OF EDUCATION
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MISSION

The Jamaica Hospital Medical Center Clinical Psychology Internship Program's aim is to train future psychologists to integrate theory and practice in the provision of a broad range of psychological services offered in urban hospital settings to a diverse and underserved population experiencing a wide range of mental health issues.

ACCREDITATION STATUS

Jamaica Hospital Medical Center Clinical Psychology Internship is now accredited by the American Psychological Association. Our next site visit will be in April 2030.

Questions related to the program's accreditation status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979
Email: apaaccred@apa.org

APPIC MEMBERSHIP

The clinical psychology internship program at Jamaica Hospital medical center is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). Our Program code is 2434.

ABOUT JAMAICA HOSPITAL MEDICAL CENTER (MISSION AND VISION):

Jamaica Hospital Medical Center (JHMC) is a 424-bed, community teaching hospital with a large network of community-based ambulatory care centers. MediSys Health Network is the not-for-profit parent organization of Jamaica Hospital Medical Center as well as several other healthcare provider organizations, including Flushing Hospital Medical Center, Trump Pavilion, and Advanced Center of Psychotherapy located at Forest Hills and Jamaica Estates. JHMC offers a full array of acute inpatient, rehabilitation, and mental health services. It is the largest voluntary hospital ambulance fleet serving the City's 911 system, and a Level I trauma center. The hospital provides general medical, pediatric, and psychiatric emergency services, ambulatory care on and off campus, ambulatory surgery, and a broad spectrum of diagnostic and treatment services. JHMC has brought high quality, accessible services to the underserved residents of the neighborhoods that we serve. Jamaica Hospital's services fill a void for the people in our community, many of whom speak limited or no English, are underinsured or have no health insurance. Our mission is to serve our patients and community in a way that is second to none.

DEPARTMENT OF PSYCHIATRY

The Department of Psychiatry at Jamaica Hospital Medical Center provides Inpatient psychiatry services, outpatient services, consultation/liaison services and has a Comprehensive Psychiatric Emergency Program which is comprised of a psychiatric emergency room, mobile crisis outreach team, and an extended observation unit.

The division of psychology is currently comprised of licensed psychologists working on the inpatient units and outpatient clinic. The psychologists work closely with psychiatrists, social workers, creative arts therapists, nursing staff, and staff from other disciplines to provide quality, evidence-based practices to patient care. Psychologists also play a key role in educating and supervising both clinical psychology graduate students and psychiatry residents.

DESCRIPTION OF INTERNSHIP

The Clinical Psychology Internship Program at Jamaica Hospital Medical Center offers a robust learning experience which allows Interns to gain knowledge about various psychological services that can be provided in urban hospital settings. Our Interns have placements on an acute inpatient unit, Consultation/Liaison team, a Comprehensive Psychiatric Emergency Room and an outpatient mental health clinic.

This program is ideal for future psychologists to learn how to provide a broad range of services for a wide variety of mental health issues in different settings within a hospital setting. Our program is unique in that our Interns are exposed to all four types/levels of mental health services that are typically offered in general medical centers. In the Emergency room and the extended observation unit, our Interns learn to assess/interview patients experiencing acute, severe and urgent mental health needs. They also learn to provide brief, supportive psychotherapies when possible. On the inpatient unit, the Interns learn to provide brief psychotherapies, help patients cope with involuntary admissions, work with families in distress, and provide group therapy with frequently changing group members. They also learn about resources available for low income individuals seeking treatment in overcrowded health care systems, learn how to work effectively with other agencies, and understand/identify factors contributing to relapse. Additionally, the multidisciplinary setting allows for the development of skills to work effectively in teams and to learn how to integrate the input of individuals from various disciplines. In the outpatient clinic, Interns are able to provide relatively long term psychotherapies for both children and adults with both mild mental health issues as well as severe and persistent ones. They are able to work with families, educate patients about their treatment, and work effectively with psychiatrists and other mental health providers. On the C/L rotations, the Interns learn how to assess, diagnose, and provide bedside psychotherapy to individuals suffering from medical problems which require hospitalization.

Our program allows for breadth and depth of experience with a diverse population. Our Interns work with both adults and children with varying degree of mental health needs. Diagnoses treated in the department of psychiatry at JHMC include

but is not limited to Schizophrenia, Bipolar Disorder, Major Depressive Disorder, Anxiety Disorders, Personality Disorders, ADHD, Adjustment Disorder etc. Many of our patients also have legal/criminal histories, substance abuse problems and chronic medical illnesses. The population served at Jamaica Hospital is exceptionally ethnically, racially and religiously diverse. Majority of our patients come from the neighborhood in which we are located, Queens, NY, one of the most diverse places in the world. Additionally, our proximity to 2 major international airports brings us patients from other U.S. states and even other countries. Queens county's population is 25% non-Hispanic White, 28% Hispanic, 27% Asian, 20% Black or African American, 1.3% Native American or Alaskan Native, 0.2% Native Hawaiian or Pacific Islander and 2.9% multiracial. 47.5% of the residents of Queens are Foreign born. Approximately 12.2% of people are in poverty and 10% of people under the age of 65 are uninsured. The patient population that our Interns work with also reflects this diversity allowing them to gain a rich learning experience.

Interns at our facility are part of a robust training experience consisting of collaboration with psychiatry residents, creative arts therapy Interns and externs, medical students, nursing students, and clinical psychology externs and a postdoctoral fellow. Interns have various training resources through which they are able to learn. In addition to learning from the psychologists, Interns also have opportunities to learn from staff from other disciplines who provide didactics, informal supervision, consultation, and opportunities to observe. In the hospital setting, Interns have a dedicated office in the hospital as well as the clinic. They have access to testing materials, educational materials, and computers. Interns document and conduct chart reviews using EPIC, the electronic medical record system utilized by Jamaica Hospital. The clinical and administrative staff at JHMC aims to create a supportive atmosphere for our Interns to carry out their responsibilities. In addition to our Internship program in Clinical Psychology, we also have a well-established clinical psychology externship program and a postdoctoral fellowship program giving Interns plenty of opportunities to collaborate.

INTERNSHIP AIM, COMPETENCIES, AND LEARNING ELEMENTS

The Jamaica Hospital Medical Center Clinical Psychology Internship (JHMC-CPI) program aims to nurture the development of future psychologists to integrate theory and practice in the provision of a broad range of psychological services offered in urban hospital settings to a diverse and underserved population experiencing a wide range of mental health issues.

The program's competencies and learning elements are as follows:

1. Research
 - a. Intern will demonstrate the independent ability to critically evaluate and disseminate research or other scholarly activities via professional publication or presentation at the local, regional, or national level.
 - b. Intern will utilize scholarly literature and other resources to inform practice with diverse clients
2. Ethical and Legal Standards

- a. Intern will demonstrate knowledge of and act in accordance with each of the following:
 - i. The current version of the APA Ethical Principles and Code of Conduct
 - ii. Relevant laws, regulations, rules, and policies governing health service psychology at the organizational, local, state, regional and federal levels
 - iii. Relevant professional standards and guidelines
 - b. Intern will recognize ethical dilemmas as they arise and apply ethical decision-making processes to resolve them.
 - c. Intern will conduct self in an ethical manner in all professional activities.
3. Individual and Cultural Diversity
- a. Intern will demonstrate an understanding of how one's own personal/cultural history, attitudes, and biases may affect how one understands and interacts with people different from oneself
 - b. Intern will demonstrate knowledge of the current theoretical and empirical knowledge base as it relates to addressing diversity
 - c. Intern will integrate awareness and knowledge of individual and cultural differences in the conduct of professional roles
 - d. Intern will demonstrate the ability to independently apply their knowledge and approach in working effectively with the range of diverse individuals and groups encountered during Internship.
4. Professional Values and Attitudes
- a. Intern will behave in ways that reflect the values and attitudes of psychology
 - b. Intern will engage in self-reflection regarding personal and professional functioning
 - c. Intern will engage in activities to maintain and improve performance, well-being, and professional effectiveness
 - d. Intern will actively seek and demonstrate openness and responsiveness to feedback and supervision.
 - e. Intern will respond professionally in increasingly complex situations with a greater degree of independence as they progress across levels of training.
5. Communication and Interpersonal Skills
- a. Intern will develop and maintain effective relationships with a wide range of individuals
 - b. Intern will be able to produce and comprehend oral, nonverbal, and written communications
 - c. Intern will demonstrate effective interpersonal skills and the ability to manage difficult communication well
6. Assessment
- a. Intern will demonstrate current knowledge of diagnostic classification systems and functional and dysfunctional behaviors
 - b. Intern will demonstrate an understanding of human behavior within its context
 - c. Intern will apply knowledge of functional and dysfunctional behaviors including context to the assessment and/or diagnostic process

- d. Intern will select and apply assessment methods that draw from the best available empirical literature
 - e. Intern will interpret assessment results to inform case conceptualization, classification, and recommendations
 - f. Intern will communicate orally and in written documents the findings and implications of assessment in an accurate and effective manner
7. Intervention
- a. Intern will establish and maintain effective relationships with recipients of psychological services
 - b. Intern will develop evidence-based intervention plans specific to the service delivery goals
 - c. Intern will implement interventions informed by the current scientific literature
 - d. Intern will demonstrate the ability to apply the relevant research literature to clinical decision making
 - e. Intern will modify and adapt evidence-based approaches
 - f. Intern will evaluate intervention effectiveness
8. Supervision
- a. Intern will demonstrate knowledge of supervision models and practices
 - b. Intern will apply knowledge of supervision in direct or simulated practice with psychology trainees or other health professionals.
9. Consultation and Interprofessional/Interdisciplinary Skills
- a. Intern will demonstrate knowledge and respect for the roles and perspectives of other professions.
 - b. Intern will apply knowledge about consultation in direct or simulated (e.g., role played) consultation

INTERN SELECTION CRITERIA

The JHMC Clinical Psychology Internship program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). Our Program code is 2434. The program follows the standard APPIC Guidelines and uses the national matching service (NMS) and AAPI to receive applications during the Match. We participate in the Post Match Vacancy Service when positions remain open after the match process is complete. This site abides by the APPIC policy that no person at the training facility will solicit, accept, or use any ranking-related information from any Intern applicant.

During Phase I and II, applicants are expected to submit all documentation required by APPIC. The materials include; the AAPI application, CV, cover letter, three letters of reference, a fully redacted writing sample (preferably case conceptualization), graduate school transcript, and essays (autobiographical, research, theoretical orientation, diversity). In Post-Match Vacancy Service, a cover letter, CV, three letters of reference, writing sample (preferably case conceptualization) and a letter of Internship readiness from the training director are sufficient and should be emailed to the Director of Clinical Training.

We accept applications from all students who are eligible to apply as per APPIC guidelines. Candidates must have completed all academic course work and

comprehensive examinations leading to a doctoral degree before the start of the Internship. Although we welcome applications from all interested students, the following qualifications are preferred:

1. Applicants who have either completed or are currently enrolled in a psychology externship at JHMC
2. Applicants with prior experience working with patients who have serious and persistent mental illness.
3. Applicants who speak other languages, particularly Spanish
4. Those with experience or special interest in working with diverse populations
5. Current enrollment and good standing in an APA- or CPA-accredited doctoral program.

Applicants receive notification regarding their interview status via email. During Phase I, interviews are held on-site and in person unless the applicant is not able to travel to the site. During Phase II and Post Match Vacancy Service, video interviews are offered. Applicants may request to come in person if they wish to see the site.

Please keep in mind, before starting Internship at this facility; Interns must be completely cleared by Human Resources and meet all the requirements put forth by HR. Requirements include, but is not limited to, medical clearance (which includes drug testing), statewide central registry clearance, etc. For more information, please contact Human Resources at 718-206-7806.

Jamaica Hospital Medical Center is an Equal Opportunity Employer. This program is committed to supporting cultural and individual diversity and does not discriminate on the basis of race/ethnicity, color, religion, sex, marital status, national origin, ancestry, age, sexual orientation, disability, or veteran status in its recruitment and retention of Interns, postdoctoral fellows, faculty and staff. We welcome applicants from various racial, ethnic, sexual orientation, religious and cultural backgrounds, as well as those with physical disabilities.

DURATION OF INTERNSHIP/COMPENSATION/BENEFITS

The Internship program begins on July 1st of the academic year (or the first weekday in July if July 1st falls on a weekend) and ends on June 30th of the following year (or the last weekday in June if June 30th falls on a weekend). Interns are expected to be present on site for a minimum of 42 hours per week so that a minimum of 2000 supervised hours can be acquired for the year. Of these hours, approximately 20 hours per week are dedicated towards direct delivery of clinical services to patients, and the remaining time is allotted towards didactics, supervision, meetings, documentation, team collaboration, etc. During the Inpatient, Consultation/Liaison (C/L) and Comprehensive Psychiatric Emergency Program (CPEP) rotations, Interns must be available to begin their day by 9 AM. Intern hours can be adjusted to accommodate for religious observance.

The annual stipend is \$25,000 with fringe and benefits. As employees of Jamaica Hospital Medical Center, interns receive comprehensive health benefits, as well as

ten paid vacation days, 12 paid sick days, 4 paid personal days, and eight paid state holidays. If approved by the department, Interns are also eligible for four paid educational days. Interns attend a benefits orientation during which they are provided with specific details about their benefits and able to ask questions. Questions regarding specific benefits packages can be directed to Jamaica Hospital Medical Center's Benefits department at benefits@jhmc.org or 718-206-8423.

JHMC observes the following holidays on which Interns have paid time off:

- Independence Day
- Labor Day
- Thanksgiving
- Christmas
- New Year
- Martin Luther King Day
- President's Day
- Memorial Day

CLINICAL EXPERIENCE

Inpatient Services

(6 consecutive months - 20hrs/week)

Jamaica Hospital Medical Center has two psychiatric inpatient units with 28 beds each that admit males and females aged 18 and above. The units provide services to patients experiencing acute psychiatric symptoms that impair their ability to function safely in the community. The units consist of patients who are admitted on both voluntary and involuntary emergency basis. The inpatient units' treatment teams are comprised of psychiatrists, psychologists, social workers, creative arts therapists, nurses, and trainees from various disciplines.

On this rotation, the Interns learn to provide brief psychotherapies, help patients cope with involuntary admissions, work with families in distress, and provide group therapy with frequently changing group members. They also learn about resources available for low income individuals seeking treatment in overcrowded health care systems, learn how to work effectively with other agencies, and understand/identify factors contributing to relapse. Additionally, the multidisciplinary setting allows for the development of skills to work effectively in teams and to learn how to integrate the input of individuals from various disciplines. Interns also learn the criteria for a successful discharge. Interns are assigned to one of the inpatient units and the unit psychologist is assigned as their supervisor. Interns are assigned to approximately 4 to 5 individual psychotherapy patients at a time and 1 group therapy session/week. Interns also work with families when possible.

Consultation/Liaison Services
(3 months - 20 hrs/week)

The Department of Psychiatry provides 24-hour consultation and liaison services (C/L) on the medical, surgical, geriatric, pediatric, and obstetrical units. Referrals are made by the attending physician to determine if psychiatric care is required. The C/L team consists of psychiatrists, psychosomatic fellow, medical students, psychiatry externs, and psychology Intern. Responsibilities of the C/L team include, but are not limited to, evaluation for safety, treatment of mental health issues which arise while the patient is receiving medical care, capacity evaluations and management of mental health crisis. The C/L team evaluates and/or treats both adults and children.

In Consultation/Liaison services, Interns have the opportunity to join the C/L team to observe and participate in a number of evaluations conducted on days when the Interns are present. Additionally, Interns are able to provide individual psychotherapy to both adults and children when assigned. Frequency and length of psychotherapy sessions vary based on patient needs and Intern availability. Interns may also conduct assessments when necessary.

Comprehensive Psychiatric Emergency Program
(3 months - 20hrs/week)

The Comprehensive Psychiatric Emergency Program (CPEP) consists of three components: a psychiatric emergency room, a mobile crisis outreach team, and a 72 hour hold extended observation unit (EOU). The CPEP receives both walk-in referrals as well as referrals from the community. The treatment team in the CPEP consists of but is not limited to psychiatrists, nurses, social workers, patient care associates, security officer(s) and trainees. On this rotation, Interns are able to observe and participate in intake evaluations and provide individual psychotherapy. There may also be opportunities to provide group therapy and/or conduct assessments.

Outpatient Mental Health Clinic
(12 months - 22 hrs/ week)

The outpatient mental health clinic at Jamaica Hospital Medical Center treats adults and children aged 5 and above with a wide range of diagnoses/mental health needs. The patient population is quite diverse in age, race, ethnicity, socioeconomic status, and carry a wide range of diagnoses. The services provided at the clinic include, but are not limited to, medication management, psychiatric assessments, psychosocial evaluations, individual psychotherapy, and group therapy. Clinicians also work with families. Interns' responsibilities in the outpatient clinic include individual psychotherapy, group psychotherapy, intake evaluations, and treatment planning.

EDUCATIONAL ACTIVITIES

Interns participate in approximately 3 hours of educational activities per week, including 1 hour of departmental activities and 2 hours of didactic courses dedicated specifically for them. The courses designed for the Interns are: Psychodynamic Psychotherapy, Treatment of Personality Disorders, Seminar on Professional Development and Evidence based Treatments. Interns attend two of these didactic presentations for an hour each every week. Each didactic lasts 6 months. Interested applicants may request a didactic calendar from the Training Director.

Departmental educational activities include case conferences, journal presentations, grand rounds and other mental health presentations. This time is reserved for all staff to participate in educational activities. Interns are excused from clinical responsibilities in order to allow participation. During the academic year, Interns have the opportunity to do one presentation to the department

Additionally, Interns have the opportunity to informally supervise externs for their group therapy sessions.

SUPERVISION

Supervision is considered an essential training element of the internship year. Interns receive two hours of individual face to face supervision per week from two different licensed clinical psychologists. They have one supervisor in the hospital and another in the outpatient mental health clinic. Interns also participate in one hour of group supervision weekly with a licensed clinical psychologist and one hour weekly of peer supervision with a postdoctoral fellow. Interns have protected supervision time carved out for them on a weekly basis. Supervision is a priority and is rescheduled should a supervisor or intern need to miss a scheduled session. Individual supervisors maintain full responsibility for the caseloads of interns. All documentation is cosigned. Interns are encouraged to participate in supervision “on the fly” on an as needed basis.

EVALUATIONS

Interns are formally evaluated at a 6-month mark (December) and at the end of Internship (June). Intern receives evaluation from each of their supervisors. Interns review and discuss their evaluation with their supervisor. The Intern’s graduate program training director is sent a copy of their hospital evaluation via email at the 6 month mark and at the end of Internship.

The purpose of evaluations is to provide Interns with professional observations and constructive feedback. Evaluations focus on Interns’ areas of strength and areas that need improvement. Interns are expected to be open and receptive to feedback and the evaluations are designed to be supportive of the Intern’s strengths and facilitate the Intern’s professional growth as they progress through the training year. The evaluations align very closely with the Internship aims, competencies and learning elements listed above, and Interns are expected to

demonstrate satisfactory progress as the training year progresses. At the end of the year, Interns must receive an average rating of 3 or above on all competencies and no ratings below a 3 on all training elements to successfully complete the program. Interested applicants are encouraged to email the Training Director if they would like to see a copy of the program evaluation. Interns also evaluate each of their supervisors as well as the program itself at the mid-year and end year mark.