CLINICAL PSYCHOLOGY EXTERNSHIP PROGRAM

JAMAICA HOSPITAL MEDICAL CENTER
DEPARTMENT OF PSYCHIATRY
DIVISION OF EDUCATION
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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 consists 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 EXTERNSHIP

The clinical psychology externship at Jamaica Hospital Medical Center consists of placement on an acute inpatient psychiatric unit working with adults (all genders) experiencing acute, severe, and/or persistent mental illnesses. Our Externs 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.

Our externship program allows for breadth and depth of experience with a diverse population. The patient population served at JHMC is diverse in age, gender, SES, race, ethnicity, country of residence, etc. Our Externs work with individuals with a 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, Adjustment Disorder, etc. Many of our patients also have legal/criminal histories, personality disorders, 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 our neighborhood of 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 Externs work with also reflects this diversity allowing them to gain a rich learning experience.

As we are a teaching hospital, our Externs have a robust training experience consisting of collaboration with psychiatry residents, creative arts therapy Interns and Externs, medical students, nursing students, and clinical psychology Interns and a Psychology Postdoctoral Fellow. Externs have various training resources through which they are able to learn. In addition to learning from the psychologists, Externs also have opportunities to learn from staff from other disciplines who provide didactics, informal supervision, consultation, and opportunities to observe. In the hospital setting, Externs have a dedicated office which they share with other trainees and staff. They have access to testing materials, educational materials, and computers.

In addition to our Externship program in Clinical Psychology, we also have a clinical psychology Internship program and a postdoctoral fellowship program.

**EXTERNSHIP AIM, COMPETENCIES, AND LEARNING ELEMENTS**

The Jamaica Hospital Medical Center Clinical Psychology Externship 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. Extern 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. Extern will utilize scholarly literature and other resources to inform practice with diverse clients

2. Ethical and Legal Standards
   a. Extern 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. Extern will recognize ethical dilemmas as they arise and apply ethical decision-making processes to resolve them.

c. Extern will conduct self in an ethical manner in all professional activities.

3. Individual and Cultural Diversity
   a. Extern 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. Extern will demonstrate knowledge of the current theoretical and empirical knowledge base as it relates to addressing diversity.
   c. Extern will integrate awareness and knowledge of individual and cultural differences in the conduct of professional roles.
   d. Extern will demonstrate the ability to independently apply their knowledge and approach in working effectively with the range of diverse individuals and groups encountered during Externship.

4. Professional Values and Attitudes
   a. Extern will behave in ways that reflect the values and attitudes of psychology.
   b. Extern will engage in self-reflection regarding personal and professional functioning.
   c. Extern will engage in activities to maintain and improve performance, well-being, and professional effectiveness.
   d. Extern will actively seek and demonstrate openness and responsiveness to feedback and supervision.
   e. Extern 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. Extern will develop and maintain effective relationships with a wide range of individuals.
   b. Extern will be able to produce and comprehend oral, nonverbal, and written communications.
   c. Extern will demonstrate effective interpersonal skills and the ability to manage difficult communication well.

6. Assessment
   a. Extern will demonstrate current knowledge of diagnostic classification systems and functional and dysfunctional behaviors.
   b. Extern will demonstrate an understanding of human behavior within its context.
   c. Extern will apply knowledge of functional and dysfunctional behaviors including context to the assessment and/or diagnostic process.
   d. Extern will select and apply assessment methods that draw from the best available empirical literature.
   e. Extern will interpret assessment results to inform case conceptualization, classification, and recommendations.
   f. Extern will communicate orally and in written documents the findings and implications of assessment in an accurate and effective manner.

7. Intervention
   a. Extern will establish and maintain effective relationships with recipients of psychological services.
b. Extern will develop evidence-based intervention plans specific to the service delivery goals

c. Extern will implement interventions informed by the current scientific literature

d. Extern will demonstrate the ability to apply the relevant research literature to clinical decision making

e. Extern will modify and adapt evidence-based approaches

f. Extern will evaluate intervention effectiveness

8. Supervision
   a. Extern will demonstrate knowledge of supervision models and practices
   b. Extern will apply knowledge of supervision in direct or simulated practice with psychology trainees or other health professionals.

9. Consultation and Interprofessional/Interdisciplinary Skills
   a. Extern will demonstrate knowledge and respect for the roles and perspectives of other professions.
   b. Extern will apply knowledge about consultation in direct or simulated (e.g., role played) consultation

EXTERN SELECTION CRITERIA

The Department of Psychiatry at Jamaica Hospital Medical Center trains four clinical psychology externs every academic year.

Applications are accepted from graduate students currently enrolled in a doctoral program in clinical, combined school-clinical, counseling, health or other related psychology programs. Applicant must be entering their 3rd year, 4th year, or beyond at the start of externship. Applications will be accepted from candidates who are concurrently applying for Internship, but students applying for externships only are preferred and advance notification must be provided.

We gladly accept applications from graduate students without any prior experience with Severe and Persistent Mental illness (SPMI) population. We believe in the value of learning and enjoy training enthusiastic graduate students with a strong willingness to learn. Therefore, we encourage all interested students with a special interest in working with the SPMI population and/or interest in working with a diverse patient population to apply to this program.

Applications are accepted on the American Psychological Association Psych Practicum Portal at the following link: [https://psychpracticum.apa.org](https://psychpracticum.apa.org)

Required application materials include

- Curriculum Vitae
- Cover Letter
- Eligibility letter from DCT
- Two letters of recommendation
- Case summary

This externship participates in the match process guided by The Psychology Directors of New York State (PSYDNYS) and the New York New Jersey Association of Directors of Training
(NYNJADOT). The program follows all guidelines set forth by PSYDNYS and NYNJADOT (guidelines are available on the following website: https://psychpracticum.apa.org). The timeline for application submission, deadlines, interview timeline, process for making offers, etc. is all directed by the guidelines highlighted above. Prospective applicants are notified via email whether or not they will be offered an interview.

The interview process involves a group interview/informational session with approximately 4 to 6 candidates followed by one on one interview.

Jamaica Hospital Medical Center is an equal opportunity employer. The clinical psychology Externship 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 Externs, postdoctoral fellows, faculty and staff. We welcome applications from all qualified applicants and do not discriminate on the basis of the factors described above. We are willing to make accommodations for applicants and Externs to our maximum ability. Externs are selected based on their work-related qualifications and fit with the institution.

**EXTERNSHIP DURATION, REQUIRED DAYS, TIME OFF AND HOLIDAYS**

The Externship 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). Externs are expected to be present on site for a minimum of 16 hours per week. In order to accommodate for an educational component, Thursdays are a mandatory day.

Externs are permitted to take off 12 externship days for the year (including sick and vacation) Externs are permitted to “make up” time or switch days with prior approval from their supervisor. Should the extern miss more than 13 days without discussing their situation with their supervisor, it may be considered cause for dismissal. The Director of Psychology training will evaluate each extern’s situation on an individual basis.

JHMC observes the following holidays. Aside from the 12 permitted days off, Externs also have leave if the following holidays are observed by the Hospital on a day when an Extern is scheduled to attend:

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

Externs have the right to choose to leave the Externship Program. However, in doing so he/she jeopardizes his/her position in the externship program, may not receive a letter of
recommendation or a completion certificate. Should the extern decide to return to the program, his/her request will be viewed as a new application. Acceptance cannot be guaranteed. All such issues will be discussed with Extern’s Graduate program DCT via email and/or phone.

If Extern’s program requires a certain number of hours to be acquired for the academic year, they will be given credit for actual hours present on site (8 hours per day). Days taken off by Extern will not count towards acquired hours. Externs are permitted to make up time or switch days with approval from Director of clinical psychology training at JHMC. If Extern chooses to attend the externship for more than 16 hours per week in order to make up time, they must first obtain approval from their graduate program DCT.

EXTERN REQUIREMENTS PRIOR TO STARTING TRAINING AT JHMC

1. Externs must have medical clearance from Occupational health services (OHS) prior to starting their training at this facility. Any student may be rejected, removed, or reassigned unless he/she meets all current and future health clearance standards of the Hospital, the State Department of health or other regulatory body. Requirements of OHS may include (but is not limited to) the following from prospective externs:

   i. Meet all NYS Department of Health requirements.

   ii. Mandatory drug testing

   iii. Submit documentation to the hospital of a physical examination and recorded medical history by a physician that demonstrates that he/she is free from any health impairment that could be a potential risk to patients or might interfere with the performance of his/her duties

   iv. Submit to the hospital a certificate of immunizations as required

   v. Submit documentation of a current P.P.D.(Mantoux) skin test for tuberculosis

   vi. Abide by all rules, policies, and procedures applicable to Hospital employees regarding Influenza vaccinations.

2. JHMC must have an institutional contract with the Extern’s university. If an institutional contract does not exist at the time of application or acceptance to the program, this program will work with Extern’s university to obtain one. This factor should not prevent interested students from applying to the program.

   I. if there are any delays in finalizing a contract, extern must wait until the contract is fully executed prior to starting. In such situations, the delay will not count towards externs’ time off. If extern’s program requires a certain number of hours to be acquired for the academic year, they will be permitted to make up that time with approval from their program director and the Director of clinical psychology training at JHMC.
CLINICAL EXPERIENCE

Externs are assigned to either inpatient unit II or III at JHMC. He/she will have the opportunity to observe and participate in the care of the patient throughout their hospitalization and understand the criteria for a successful discharge.

Externs have the following training experiences:
- Provide Individual psychotherapy (3 to 4 patients)
- Conduct/Lead Group Psychotherapy (1 group per week)
- Conduct psychological evaluations
  - Amount varies throughout the year depending on the number of referrals made by the treatment team. The number of full batteries may range from 0 to 2. However, other individual assessment measures may be done more frequently. If an extern wishes to gain assessment experience, the supervisor will make accommodations for externs.
- Develop treatment plans for assigned individual therapy patients
- Observe evaluations conducted by other disciplines (Social workers and Psychiatrists)
- Participate in multidisciplinary team meetings
- Observe group therapy led by Creative Arts Therapists
  - Various types of group therapy activities include but are not limited to Art therapy, Open studio drama therapy, substance use group, creative writing, etc.
- Document progress notes (all notes are cosigned by supervisor)
- PMCS (Preventing and Managing Crisis Situations) training
- Training in the use of EPIC, the electronic medical record system used by JHMC

Psychologist/supervisor on Unit II: Dr. Miryam Sorkin
Psychologist/Supervisor on Unit III: Dr. Pravina Nair

EDUCATIONAL ACTIVITIES
Case conferences and Grand Rounds are held every Thursday from 11:30 am – 1:00 pm. Externs are expected to attend and participate in all educational activities throughout the year unless excused by supervisor. Multidisciplinary team meetings are also considered an educational opportunity, and externs are encouraged to ask questions to supervisor as needed after the meetings.

SUPERVISION
Externs receive individual face to face supervision one hour per week from a licensed psychologist. Supervision is a priority and is rescheduled should a supervisor or Extern need to miss a scheduled session. Individual supervisors maintain full responsibility for the caseloads of Externs. The externship supervisors also have an open door policy, and Externs are encouraged to participate in supervision “on the fly” on an as-needed basis.

EVALUATIONS
Externs are evaluated at a 6-month mark (December) and at the end of externship (June), by their supervisor. Evaluations are based on direct observation, discussion of cases in supervision,
review of documentation and/or feedback from multi-disciplinary team members. Evaluations required by Extern’s graduate program will also be completed.