



**JAMAICA HOSPITAL**  
**MEDICAL CENTER**

**DEPARTMENT OF PSYCHIATRY**  
**DIVISION OF EDUCATION**

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**CLINICAL PSYCHOLOGY EXTERNSHIP PROGRAM**

JAMAICA HOSPITAL MEDICAL CENTER  
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8900 VAN WYCK EXPRESSWAY  
JAMAICA, NY 11418

## 1. Introduction

### **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 (MediSys) 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 mental health services, consultation/liaison services and a Comprehensive Psychiatric Emergency Program which includes a Psychiatric emergency room, mobile crisis outreach team, and extended observation beds. The department of psychiatry offers quality training to medical students, psychiatry residents, psychology interns/externs/fellow, psychiatry externs, creative arts therapy interns/externs, nursing students, social work interns as well as other students.

## 2. Training Goals and Objectives:

The psychology externship program at Jamaica Hospital Medical Center offers a generalist training program in clinical psychology which prepares future psychologists to practice the scope of psychological services generally provided on inpatient units in urban hospital settings. The program's overall goal is to develop the professional identity of the extern, allow externs to gain clinical skills, knowledge and practice about providing psychological services to patients with serious and persistent mental illness, develop skills to work with interdisciplinary teams and develop competence in working with diverse and underserved populations

*The program's specific goals and objectives include:*

- a. **Gain clinical skills, knowledge and practice to provide a wide range of professional services through the integration of theory, research and practice:** Extern will further develop and refine their clinical skills through supervision and work on the inpatient unit with patients who have severe and

persistent mental illness. Extern will use an integrative treatment approach - combining psychodynamic, cognitive behavioral, systems, ethno-cultural, developmental, and medical model perspectives as needed.

Objectives:

1. Extern will be able to formulate and conceptualize patients in a competent manner
2. Extern will be able to use an integrative approach to select and implement appropriate psychotherapeutic interventions for the patients' presenting problems, diagnoses and level of functioning
3. Extern will be able to provide effective, culturally-competent, goal-directed psychotherapy in a variety of modalities including individual and group therapy

**b. Develop skills to work with interdisciplinary teams:** Extern will have the opportunity to work with an interdisciplinary team including psychiatrists, psychologist, social workers, creative arts therapist, nurses and patient care associates. Extern will also have opportunities to collaborate with other trainees including but not limited to medical students, psychiatry residents, psychology interns/fellow, psychiatry externs, creative arts therapy interns/ externs, and nursing students.

Objectives:

1. Extern will be able to maintain effective communication and collaboration with other professionals to ensure that patient care is integrative and comprehensive.
2. Extern will be aware of different professionals' roles in the care of patients on the unit and be able to integrate their input into the care of patients

**c. Develop competence in working with diverse and underserved populations:** Extern will have the opportunity to work with adult patients varying in age, socioeconomic status, race, ethnicity, sexual orientation, gender identification, level of functioning and psychopathology. Due to our proximity to John F Kennedy International airport, we also admit patients who are non U.S residents. If possible, extern will have the opportunity to work with them as well.

Objectives:

1. Extern will be comfortable with differences that exist between themselves and their patients in terms of race, ethnicity, culture, and beliefs

2. Extern will be aware of and sensitive to their own background/beliefs and be able to recognize how it personally and professionally affects their definitions of normality-abnormality in the process of psychotherapy
3. Extern will be aware of the limits of their competencies and expertise about the patients' diverse backgrounds
4. Extern will be knowledgeable about communication style differences in patients of diverse backgrounds and how their own personal style may clash with or foster the therapeutic process and impact their patients.
5. Extern will actively seek out educational opportunities to improve their knowledge and understanding of patients from diverse backgrounds
6. Extern will be able to engage patients in a variety of verbal and nonverbal methods to understand and meet the needs of their patients

**d. Develop professional identity:** Extern will have the opportunity to practice the scope of professional psychology with a flexible training experience that can be tailored to fit each extern's specific interests, goals, and needs.

Objectives:

1. Extern will be able to develop a professional identity and be able to deliver services to patients in a manner that fits their own professional style while also meeting the patients' needs.
2. Extern will be able to handle a variety of SPMI cases independently and with confidence.

### 3. **Extern Selection Criteria**

Applications for externship will be 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 3<sup>rd</sup> year, 4<sup>th</sup> year or beyond at the start of externship. Applications will be accepted from candidates who are concurrently applying for internship but they must provide advance notification

There are four psychology externship positions at JHMC. Required application materials include a cv, a cover letter, an eligibility letter, two letters of recommendation and a case summary. Prospective applicants will be notified via email whether or not they will be offered an interview. Interview process involves a group interview/informational session with approximately 4 to 6 candidates followed by one on one interview with a clinical psychologist.

Our program follows guidelines set forth by the The Psychology Directors of New York State (PSYDNYS) and the New York New Jersey Association of Directors of Training (NYNJADOT) for application and selection process. Please visit the following link to see current guidelines: [https://psychpracticum.apa.org/Externship\\_Guidelines](https://psychpracticum.apa.org/Externship_Guidelines). We follow the guidelines to make offers to applicants.

#### 4. **Requirements**

Extern will be expected to be present on site 16 hours/ week from July 1<sup>st</sup> through June 30<sup>th</sup>. Hours are typically 9am to 5pm. Due to the mandate to include a didactic component, we now require externs to be present either on a Tuesday or Thursday. We strongly advise externs to not work on two consecutive days. An ideal schedule might be Monday/Thursday, Tuesday/Thursday or Tuesday/Friday. With permission from supervisor and school program director, extern may be allowed to split their days. Prior inpatient experience is not required.

#### 5. **Externship Experience**

##### **Inpatient Services (Unit II or III)**

The psychiatry department at Jamaica Hospital Medical Center has two 28 bed inpatient units that admit individuals aged 18 and above. The units provide services to patients experiencing acute psychiatric symptoms which impair their ability to function safely in the community. The units have both voluntary and involuntary admissions. The inpatient units' treatment teams consist of psychiatrists, psychologists, social workers, creative arts therapists, nursing staff and trainees from various disciplines.

Incoming extern will be assigned to either inpatient unit II or III. He/she will have the opportunity to observe and participate in the care of their patients throughout their hospitalization. Extern responsibilities include 3 to 4 individual psychotherapy patients, development of treatment plans, weekly group therapy session and/or a psychological evaluation. The number of psychological evaluations conducted depends on treatment team referrals. On average, previous externs have conducted 0 – 2 evaluations per year. Extern will also have the opportunity to observe treatment of patients in various types of group therapy activities including but not limited to creative arts therapy, drama therapy, substance use group, creative writing etc. Extern will also have the opportunity to participate in team meetings and learn to engage appropriately with multi-disciplinary team to ensure proper patient care.

##### **Educational Activities**

Case conferences are held every Tuesday from 11:45am – 1:00pm and Journal presentations/Grand Rounds are held every Thursday from 11:45am – 1:00pm. Due to the new requirements set forth by PSYDNYS and NYNJADOT, we now require externs to be

present either on a Tuesday or Thursday in order to be able to advantage of this great opportunity.

### **Supervision**

Extern will receive individual supervision one hour per week from a licensed psychologist. Extern will be directly observed providing services a minimum of twice a year. Extern will also receive an additional hour of other forms of supervision.