JAMAICA HOSPITAL MEDICAL CENTER
DEPARTMENT OF PSYCHIATRY
DIVISION OF EDUCATION

PSYCHOLOGY INTERNSHIP PROGRAM BROCHURE
TRAINING YEAR 2018 – 2019

JAMAICA HOSPITAL MEDICAL CENTER
DEPARTMENT OF PSYCHIATRY
DIVISION OF EDUCATION
8900 VAN WYCK EXPRESSWAY
JAMAICA, NY 11418

Acting Chief of Psychology/
Acting Director of Psychology Training
Chairman
Associate Chairman
Vice President
Administrator/Director of Nursing
Director of Education and Training
Director of Mental Health Clinic /
Assistant Director of Residency Training

Pravina Nair, PsyD
Seeth Vivek, MD
Dinshaw Bamji, MD
Anthony Maffia, LCSW-R/BC
Savitrie Singh, RN
Adam Chester, DO
Madhu Rajanna, MD
Table of Contents

1. About Jamaica Hospital Medical Center (Mission and Vision): ........................................ 3
2. Department of Psychiatry .................................................................................................. 3
3. Training Goals and Objectives ......................................................................................... 3
4. Intern Selection Criteria .................................................................................................. 5
5. Duration of Internship/Compensation/benefits ............................................................... 6
6. Clinical Experience ......................................................................................................... 6
   Inpatient Services ............................................................................................................. 6
   Consultation/Liaison Services ......................................................................................... 7
   Comprehensive Psychiatric Emergency Program ............................................................ 7
   Outpatient Mental Health Clinic ..................................................................................... 8
   Educational Activities ..................................................................................................... 8
7. Supervision: .................................................................................................................... 9
Introduction

1. 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.

2. 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 includes three care components; Psychiatric emergency room, mobile crisis outreach, and extended observation beds. The department offers training to medical students, psychiatry residents, psychiatry externs, psychology interns, psychology externs, psychology fellow, creative arts therapy interns, creative arts therapy externs, nursing students as well as other students.

3. Training Goals and Objectives

The psychology internship 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 in urban hospital settings.

The program’s specific goals and objectives are for the intern to:

a. Gain clinical skills, knowledge and practice to provide a wide range of professional services through the integration of theory and practice: Intern will have opportunities to further develop and refine his/her clinical skills through provision of various psychiatric services provided by psychologists in hospital settings and through utilization of supervision to hone those skills. A significant portion of intern’s experience will include direct delivery of services to patients. Interns will use an integrative treatment approach - combining psychodynamic, cognitive behavioral, systems, ethno-cultural, developmental, and medical model perspectives as needed.
Objectives:
1. Intern will be able to formulate conceptualizations of patients in a competent manner taking into consideration all socioemotional factors.

2. Intern 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. Intern will be able to provide effective, culturally-competent, goal-directed psychotherapy in a variety of modalities including individual and group therapy.

4. Intern will be able to evaluate and assess patients for safety and be able to manage safety/crisis situations in a competent manner.

b. Develop skills to work with multidisciplinary teams: Intern will have the opportunity to work with multidisciplinary teams including psychiatrists, psychologists, social workers, creative arts therapist, nurses, patient care associates, patient information representative and other trainees. Intern will learn to take into consideration the clinical opinions of other disciplines in an open-minded manner and utilize them in their treatment approach.

Objectives
1. Intern will be able to maintain effective communication and collaboration with other professionals to ensure that their approach to patient care is integrative and comprehensive.

2. Intern will be aware of different professionals’ roles in the care of and be able to integrate their input into the care of their patients

c. Develop competence in working with diverse and underserved populations: Intern will have the opportunity to work with patients who vary 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, interns will have the opportunity to work with them as well.

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

2. Intern 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. Intern will be aware of the limits of their competencies and expertise about the patients’ diverse backgrounds

4. Intern 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. Intern will actively seek out educational opportunities to improve their knowledge and understanding of patients from diverse backgrounds.

6. Intern 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:** Intern will be allowed to practice the scope of professional psychology with a flexible training experience that can be tailored to fit each his/her specific interests, goals, and needs.

Objectives:
1. Intern will be able to develop a professional identity and have ability to deliver services to patients in a manner that fits their own professional style while also meeting the patients’ needs.

2. Intern will be able to handle a variety of cases independently and with confidence.

4. **Intern Selection Criteria**

The predoctoral psychology internship program at Jamaica Hospital medical center is currently not accredited by the American Psychological Association (APA) or a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). This program follows the standard APPIC non-member internship Program guidelines and uses the national matching service (NMS) and AAPI to receive applications. This program’s code is 243411.

The following documents must be submitted by the deadline; curriculum vitae, three letters of recommendation, transcript, writing sample, application form and any other materials required by APPIC. Applications will be accepted from all students who are eligible to apply as per APPIC guidelines. However, applicants from APA-approved programs are strongly preferred. Candidates must have completed all academic course work and comprehensive examinations leading to a doctoral degree prior to the start of the internship. Applicants will receive notification regarding their interview status via email. Interviews will be held on site and in person. 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.
Please keep in mind, prior to starting internship at this facility, intern must be completely cleared by Human Resources and meet all the requirements put forth by HR. This includes but is not limited to medical clearance (which includes drug testing), statewide central registry clearance etc.

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.

5. **Duration of Internship/Compensation/benefits**

The internship program begins on July 1st and ends on June 30th. Interns are expected to be present on site for a minimum of 37.5 hours per week of which approximately 27 hours are dedicated towards direct delivery of clinical services to patients. Remaining time is allotted towards didactics, supervision, meetings etc. During the Inpatient, CL and CPEP rotations, interns must be available to begin their day at least at 9AM.

The annual stipend is $25,000 with benefits (which include but is not limited to paid time off and health insurance). Interns will attend a benefits orientation during which he/she will be provided with specific details about their benefits.

It is the intern’s responsibility to ensure they have worked at least 1750 hours by June 30 in order to meet NY state requirements for licensure. Please note that interns can only be given credit up to the maximum number of hours allowed by NY State laws.

6. **Clinical Experience**

**Inpatient Services**  
(6 months – 3 days/week)

Jamaica Hospital Medical Center has two psychiatric inpatient units for 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 consist of patients who are admitted on both voluntary and involuntary emergency basis. The inpatient units’ treatment teams consist of psychiatrists, psychologists, social workers, creative arts therapists, and nurses.

On the unit, interns will have the opportunity to be the primary therapist to approximately 4 to 5 patients and participate in their care throughout their hospitalization. They will understand how to treat individuals experiencing acute symptoms while hospitalized, manage crisis situations and learn the criteria for a successful discharge. Interns will have the opportunity to treat patients in group therapy, individual therapy and family therapy (when applicable). They will also provide support to patients in the milieu.
Interns will participate in multidisciplinary team meetings and have the opportunity to observe evaluations conducted by other treatment team members. Interns will also learn to develop treatment plans and behavior contracts.

Interns will be assigned to either inpatient unit II or III and the unit psychologist will be assigned as their supervisor. Interns will be assigned to approximately 4 to 5 individual psychotherapy patients at a time and 1 group therapy session/week. Interns may also be assigned to conduct psychological evaluations. Interns will be expected to engage appropriately with multi-disciplinary team to ensure proper patient care. Patient assignments will be made by supervisor and/or unit chief.

**Consultation/Liaison Services**  
(3 months – 2 days/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 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, intern will have the opportunity to join the C/L team to observe and participate in all of the evaluations conducted on days when the intern is present. Additionally, Intern will be able to provide individual psychotherapy to both adults and children when assigned. Frequency and length of psychotherapy session length will vary based on patient needs and intern availability. Interns may also be requested to do assessments when necessary.

**Comprehensive Psychiatric Emergency Program**  
(3 months – 2 days/week) 
The Comprehensive Psychiatric Emergency Program (CPEP) consists of three care components; Psychiatric emergency room, mobile crisis outreach, and 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.

The primary responsibility of the emergency room is to evaluate patients for safety. If deemed to be a danger to self or others, patients are either admitted to the EOU or an inpatient unit (typically at JHMC if beds are available). Otherwise, they are discharged back to the community with appropriate mental health referrals.

The extended observation unit admits patients who require only a short admission. The EOU can only admit patients for a maximum of 72 hours. Upon reevaluation, if patient continues to remain a danger, they are transferred to an inpatient unit. Otherwise, they are discharged to the community with appropriate referrals.
The mobile crisis team receives referrals from both within the hospital as well as through NYCWELL. The mobile crisis team sees patients when an urgent, non-emergency evaluation is requested. Examples of referrals include noncompliance with appointments/medications and recent discharge from hospital. The team evaluates patients in their living environment and monitors them for safety until they are connected to appropriate mental health services.

In this rotation, interns will have the opportunity to observe and participate in intake evaluations, provide individual psychotherapy, group therapy and conduct assessments.

**Outpatient Mental Health Clinic**  
(12 months – 2 days/week while on inpatient rotation and 3 days/week when on CL and CPEP rotations)

The outpatient mental health clinic at Jamaica Hospital Medical Center treats patients who are diverse in age, race, ethnicity, socioeconomic status and carry a wide range of diagnoses. On average, our clinic has 800+ visits a week! The services provided at the clinic include but is not limited to, medication management, intake 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. Patient assignments will be made by the clinic manager, Mr. Alberto Palomino, LCSW and/or intern’s supervisor. It is the intern’s responsibility to manage their caseload. This includes scheduling of patients, ensuring compliance, making outreach when compliance issues arise, determine safe terminations, and making appropriate referrals in urgent/emergency situations (calling EMS, Mobile crisis etc). Interns must treat both adults and children with various mental health issues. Interns are expected to schedule approximately 15 to 17 individual therapy sessions per week and also schedule 1 group/week. Topic and type of group will be determined after intern has begun working in the clinic. Intake evaluations will be scheduled for the interns by the intake coordinator.

Interns must always prioritize the safety of the patients and any questions or concerns regarding patient safety must be immediately addressed with the supervisor, clinic manager and/or medical director. If a patient is deemed to be high risk and require a higher level of care than intern is able to provide, they must inform supervisor immediately.

**Educational Activities**

department educational activities are regularly held on Tuesdays from 11:30am to 1:00pm and on Thursdays from 11:30am – 1:00pm. Tuesdays are generally reserved for case conferences and Thursdays are reserved for grand rounds and other mental health presentations conducted by staff. This time is reserved for all staff to participate in educational activities. Interns are excused from clinical responsibilities in order to allow participation. Attendance is mandatory unless otherwise excused by supervisor. Participation is strongly encouraged. Interns are required to do one 30 minute presentation in the year. Topic must be discussed with the director of training at least one month in advance.
Every Monday from 12-1, there will be a seminar on Professional Development for psychology interns only. The seminar will have specific modules to educate interns about topics including biological basis of behavior, psychopharmacology for adults, psychologists’ role within a medical model of practice, multicultural issues, legal and ethical issues, preparation for licensure, and self-care and burnout.

7. **Supervision:**
Interns will receive two hours of individual supervision from two licensed clinical psychologists. They will have a supervisor in the hospital and another in the outpatient mental health clinic. Interns will also receive a weekly one hour of group supervision from the postdoctoral fellow. Interns will participate in didactic activities 4 hours a week.