



PSYCHOLOGY INTERNSHIP TRAINING PROGRAM

PROGRAM DESCRIPTION

The Psychology Internship Training Program at Lutheran Medical Center is organized within the Psychology Unit of the Sunset Terrace Mental Health Center. The internship has been in existence for 18 years and has an excellent training curriculum for psychology students interested in working with culturally diverse populations. The training program received full accreditation status from the American Psychology Association following successful site visits in Spring 1994, 1999, and 2004. The program was most recently reaccredited for an additional 7 years.

The focus of the internship is to train doctoral level psychology students to conduct both traditional and culturally sensitive psychological activities, including clinical research with both adult and child/adolescent populations. As such, the internship program, with its strong endorsement of the belief that the professional psychologist could be both practitioner and researcher, adheres to a practitioner-scientist model of training in professional psychology. In addition, while a number of therapeutic approaches are taught to interns (i.e. cognitive behavioral, narrative, psychodynamic as well as empirically validated treatments), the psychodynamic theoretical model provides the underpinnings for thinking about psychotherapy and for understanding the emotional experiences of clients.

Structurally, the internship program is centered around a core of clinic-based services, didactic activities and seminars that emphasize a concentration in adult outpatient therapy, or child/adolescent outpatient treatment. Intern applicants who are interested in working primarily with an adult population can apply for an internship position emphasizing outpatient service delivery to adults. Conversely, applicants interested primarily in working with children can apply for a position emphasizing child/adolescent outpatient treatment.

The training site for the Internship Program is the Sunset Terrace Mental Health Center. Supervision and training in the internship program is provided by the 20 psychologists who are employed at the Mental Health Center. The Psychology Unit has 14 doctoral level psychologists, of whom 11 have a New York State license. The mental health staff has been carefully selected to meet the needs of our multiethnic and multilingual populations.

Applicants with professional interests in psychotherapy, diagnostic assessment and clinical research in mental health services for minorities, especially Hispanics, and who are interested in community mental health treatment would be likely to benefit most from our training program.

Information regarding this program's accreditation status is available from the APA Office of Program Consultation and Accreditation at APA, 750 First St. NE, Washington, DC 20002-4252.

GOALS AND OBJECTIVES

The psychology internship program is designed to provide a diverse yet comprehensive range of training activities and experiences in community mental health. The mental health setting is comprised of a wide variety of services for the mentally ill as well as programs for special populations. The setting provides a wide range of opportunities for interns. The program is designed to train both minority and non-minority students. During the course of training, interns become more aware and sensitive to the cultural and psychological needs of special populations while learning to adapt traditional approaches to meet the needs of persons with multiple psychological, social, economic and cultural stressors. The clinical training component of the internship program provides each intern a unique opportunity to gain practical experience in assessment and intervention with a client population that offers a wide range of diagnostic disorders, patient age groups and treatment needs. Interns are afforded the opportunity to participate in a variety of treatment modalities while receiving direct supervision and formal didactic training. At least 45% of each intern's time is devoted to direct clinical service. All interns acquire experience and receive training in the following areas:

- Diagnosis and evaluation
- Individual therapy
- Group therapy
- Mental health consultation
- Family Therapy

The specific ratio of time spent in these required areas with any particular age group depends on an intern's chosen program emphasis (i.e. child/adolescent vs. adult outpatient) as well as the intern's area of interest. Each intern's professional goals, skills and training interests are assessed at the start of the internship year. Based upon this assessment, an individualized program is developed in collaboration with each intern. The program may focus on one or more of the following areas: clinical research; psychological services in a school setting; treatment of juvenile sex offenders; outpatient substance abuse treatment; treatment of the chronically mentally ill; services for persons with AIDS and HIV conditions, preschool assessment, intervention with geriatric populations, and providing behavioral health services in primary care settings. Not all rotations may be available in any given internship year.

APPLICATION AND APPOINTMENT

The Sunset Terrace Mental Health Center has five (5) full-time internship positions available. Appointments are made for a one-year period starting September 1. Notification of appointment is made on a uniform date utilizing a Match System in keeping with the policy of the Association of Pre-doctoral Psychology Internship Centers. Applications must be received by November 15. Late applications are considered if any positions are likely to be available.

REQUIREMENTS

The Psychology Internship Training Program is open to doctoral students from regionally accredited programs in Clinical, Counseling, Health, School and School/Community Psychology. Graduate credits should be disbursed so as to provide for a solid background in general psychology, a concentration in abnormal psychology and psychopathology, training in diagnostic application of psychological tests and orientation in the principles of individual, family, filial, conjoint and group therapies. In addition, at least two years (preferably three years), of supervised field practice in psychotherapy and diagnostic applications of psychological tests to problems in psychopathology are most desirable. Because the internship at Sunset Park is a front-line clinical position with a high degree of patient contact, it requires a significant adaptation for those students whose clinical exposure has been limited to University or to private practice psychotherapy settings.

SALARY

The salary for interns is \$17,916 plus fringe benefits. Benefits include two-weeks vacation, 5 conference days, 9 paid holidays, 4 paid free days, sick leave accrued at one day per month, and flexible hours as needed to attend internship/dissertation seminars. A comprehensive medical and dental plan is also included. Interns who are U.S. citizens or legal residents may be eligible for Americorps grants of \$4,725 in tuition reimbursement at the completion of the internship year.

OVERVIEW

The Psychology Internship Training Program is fully accredited by the American Association since April 1994. As such, the training program conforms to all relevant APA and APPIC standards and guidelines.

Internship faculty is from a significant number of ethnic/racial minority groups and most are bilingual, possessing fluency in one or more languages other than English. All faculty have a strong and explicit commitment to the teaching of cultural competence and issues of multiculturalism as they pertain to psychological research and practice. This attitude permeates all aspects of the mental health center's operations. This is a strong focus within the internship program as well with respect to mental health service delivery, research and didactic seminars.

The Sunset Terrace Mental Health Center, the training site for the Psychology Internship Program, is proud of its contribution to cross-cultural research literature. This is the site where two culturally sensitive clinical methods have been developed and evaluated: the "Cuentos" intervention which is a child and family therapy technique using Latino folk tales to illustrate important psychological principles and the "TEMAS" (Tell-Me-A-Story) project, which is a thematic apperception test for ethnic minority and non-minority children. The author of these two methods, Dr. Giuseppe Costantino, is Director of Training for the Lutheran Family Health Center Network. Interns have the opportunity to obtain training in both of these modalities. Additionally, several research programs are ongoing and involve issues related to cultural sensitivity in mental health services.

The clinical and research goals of the internship are taught to the students by way of a core set of supervision experiences, seminars and rotations. This is supplemented by a series of didactic seminars. Interns have the opportunity to emphasize work with one of two service delivery populations:

- Child/adolescent outpatient treatment
- Adult outpatient treatment

Across all populations, interns provide individual and group therapy, psychodiagnostic testing, intake and screening and clinical consultation.

BACKGROUND

Lutheran Medical Center (LMC) is a 476- bed teaching hospital which has an extensive network of community-based programs that have received national recognition, including the 2001 HRSA award for "*Excellence in Cultural Competence*" and the American Hospital Association's first Foster McGraw Prize for "*Excellence in Community Service*". The institution is also involved in several national and local initiatives to improve health outcomes. The medical center is located in Sunset Park, an immigrant neighborhood near the Brooklyn waterfront. Sunset Park is the largest Urban Historic District in the Northeast Area and is only a short subway ride away from Manhattan. The medical center is an affiliate teaching hospital, serving as a teaching site of the State University of New York Health Science Center of Brooklyn, the largest medical school in New York State.

Lutheran's ambulatory care services are delivered through the Lutheran Family Health Center Network. Since its inception in 1967, this Network has developed into one of the largest and most comprehensive Federally-Qualified Health Centers in the country. There are 8 community-based health centers in the delivery system serving southwest Brooklyn including the communities of Sunset Park, Bay Ridge, Park Slope, Red Hook and East Flatbush. The Network offers comprehensive primary and preventive care, specialty and support services as well as educational and literacy programs. The Mental Health Clinic is one of the behavioral health programs operating within the Sunset Terrace Family Health Center. Co-located with the Mental Health Center is Lutheran's Chemical Dependency program, and an HIV/AIDS outreach and treatment program. Serving the neighborhoods of Bay Ridge, Sunset Park, Park Slope, and Red Hook, the Mental Health Center has the largest Hispanic patient population of any outpatient mental health center in Brooklyn, and as such, in New York City. In addition, substantial portions of the clients are immigrants from China, Pakistan, the former Soviet Union, Jordan, Italy and Greece and other countries. More specifically, approximately 80% of the active patient caseload is comprised of Latinos with the remaining 20% comprised of European and Asian immigrants. The distinctive demographic and socioeconomic characteristics of this service area have necessitated the development of an integrated network of comprehensive, culturally competent mental health services.

The Sunset Terrace Mental Health Center prides itself for providing a variety of culturally competent treatment programs, including Adult Outpatient treatment, Child and Adolescent Services, a School-based Mental Health Project, Alcoholism Treatment Services and a Psychosocial Program. The Center has strong innovative treatment and clinical research programs, which involve both staff and students in projects that typically lead to data collection, presentations and publications. These include: The Cuento Therapy Project, a culturally sensitive treatment modality; TEMAS (Tell-Me-A-Story), a multicultural projective test; a special treatment program for sexually abusing and abused youngsters; psychological treatment of patients with HIV/AIDS infection, the treatment of morbid obesity, and the provision of behavioral services in primary care clinics.

Lutheran Medical Center provides inpatient services for this special population group, including a 16-bed Acute Detoxification Unit and a 35-bed Psychiatric Unit. Lutheran Medical Center is also a New York State Designated AIDS Center.

The various programs are licensed respectively by the New York State Department of Health, Office of Mental Health and the New York State AIDS Bureau.

ORGANIZATION OF THE INTERNSHIP

The internship program provides training in the wide variety of functions performed by psychologists in the community mental health sector. All interns must complete the internship service requirements and a required core curriculum of seminars. Core intern functions in the outpatient program include individual and group therapy; intake and diagnostic evaluation; and psychological testing. Although these functions are carried out with both adult and child/adolescent populations by all interns, interns choosing to emphasize outpatient service delivery to children and adolescents will primarily be working with this population in carrying out core functions. All interns emphasizing service delivery to children and adolescents are required to provide mental health treatment and consultation in the public schools during a year round rotation in the School-based Mental Health Project. Such interns may also elect to do a one-day per week year-long rotation in any of the 8 additional individualized training programs described herein.

Similarly, interns focusing on service delivery to adult outpatient populations will primarily be working with this age group in carrying out core clinical functions. Additional required experiences for these interns include a year-long rotation in two of eight individualized training programs. These individualized training opportunities are available in psychological aspects in the treatment of AIDS, Chemical Dependency, treatment of the chronically mentally ill, providing mental health services to youngsters in a school setting,

providing services to juvenile sexual offenders, clinical research, treatment of clients in primary care settings, clinical intervention with geriatric populations, and providing services to pre-school populations. For the 2009-2010 training year, additional rotation opportunities may become available.

OUTPATIENT PROGRAMS

Core Program

The Sunset Terrace Mental Health Center provides comprehensive outpatient services to its client population, thereby giving interns the opportunity to develop clinical skills. Services include intake and assessment, psychological testing, psychotherapy and crisis intervention. The client population includes children, adolescents and adults, and spans a broad range of psychiatric diagnosis. The Child and Adolescent Service is a subunit within the outpatient program. Treatment modalities include individual psychotherapy, group psychotherapy, brief therapy, marital therapy, family therapy, filial (parent-child) therapy and psychoeducational treatment. Innovative culturally sensitive modalities can also be provided, such as Cuento Therapy, and Hero/Heroine Therapy. Sunset Terrace Mental Health Center serves a caseload of over 3,000 patients and provides upwards of 65,000 mental health visits per year, making it among the most active outpatient mental health programs in New York City.

OUTPATIENT SERVICES

Individual Therapy

Interns in each of the two emphases are assigned a varied caseload of individual adult and child/adolescent psychotherapy clients. Interns choosing to emphasize service delivery to adults carry a greater number of adult cases relative to child/adolescent cases while the reverse is true for interns emphasizing service to children and adolescents. The emphasized therapeutic approach focuses on comprehensive and intensive understanding of the client, the psychodynamics of personality and character development, the development of patient-therapist relations, the impact of individual psychopathology on the family and social systems in which the client lives, and finally, the interaction between culture and the individual. Individual and group supervision on individual psychotherapy is provided.

Group Therapy

Sunset Terrace Mental Health Center offers group therapy as a modality. The following is a sampling of some of the groups typically offered during the year: Hispanic women's support groups, geriatric support groups, an ongoing psychoeducational group, groups for hyperactive and conduct disordered children; an adolescent girl's group; a Frieda Kahlo Narrative Therapy Group; and various activity groups. The acquisition of group therapy skills occurs in the context of interns serving as psychotherapists in group therapy with a staff member or with other students as well as being provided with a didactic seminar that focuses on group therapy processes.

Family Therapy

The Mental Health Center also offers family therapy as a modality. Interns are encouraged to carry at least one family therapy case on their caseload. Acquisition of family intervention skills is provided in a didactic seminar focusing on family therapy processes.

Psycho-diagnostic Testing

Interns are expected to complete 7 full psychological batteries during the course of the internship year, thereby creating a concentrated and varied diagnostic experience. Using a standard battery of intelligence and projective tests as well as more innovative multicultural assessment tests such as TEMAS, interns evaluate patients to produce differential diagnoses, to assist in referral placements to other agencies or to explore the dynamics of patients. Additional psychological screening and/or more focused testing activities are among the clinical responsibilities of psychology interns in the HIV/AIDS, early intervention, and Chemical Dependency Service. Interns receive supervision on all aspects of psycho-diagnostic assessment on a case-by-case basis. In addition, interns meet as a group in diagnostic seminars led by Psychology Unit supervisors. Training in dealing with issues of culture, particularly Latino and African-American cultures, in psychological assessment are a distinctive aspect of such group seminars and individual supervision.

Intake and Screening

Screening and Intake interviews constitute the core training in admission evaluations for all interns. New applicants for treatment, both with and without prior appointments, present the intern with a variety of clinical problems, which require immediate decisions. These include referral to internal departments or external agencies, inpatient hospitalizations, medication and acceptance for outpatient treatment. All interns actively participate in these screening and intake functions, initially in collaboration with another staff member and, after they have acquired experience, independently. The intake evaluation process entails an extended and in depth interview and mental status evaluation by the intern leading to a provisional DSM-IV diagnosis as well as organization of the clinical findings. Intern's immersion in screenings and intakes, a process that requires continual on-the-spot clinical evaluations and decisions, inculcates the capacity to make immediate clinical judgements with confidence and sensitivity.

ROTATION OPPORTUNITIES (All rotations may not be available during any given internship year)

Child Outpatient Emphasis Program

Three rotations offer training and service opportunities to child/adolescent populations. These specialized programs are described below.

School-based Mental Health Project

The School-based Mental Health Project provides psychotherapy to youngsters in the school setting. This program was designed to make quality mental health treatment available to children and families who might otherwise not avail themselves of these services. Teachers, guidance, counselors, or parents refer youngsters for treatment. For many children, such treatment precludes the need for referral to special education. The School-based Mental Health Project is a component of the Child and Adolescent Services Unit. Students in elementary and junior high school receive services by way of this project. A variety of training opportunities is provided for each intern participating in the School Health Project. Interns will consult with principals, guidance counselors and teachers regarding children and adolescents who may be in need of mental health services. They will be responsible for developing a treatment plan that can be carried out within the school setting. As a result of these conferences, interns will develop liaison skills and observe the interplay between psychological and educational factors. As always, when working with children and adolescents, there are opportunities for interns to engage in treatment situations that interface with a wide range of social agencies including Child Welfare Administration, school-based support teams and residential treatment facilities. A year long 2-day rotation through the School-based Mental Health Project is a requirement for interns choosing the child specialty program, while interns emphasizing outpatient treatment of adult populations are strongly encouraged to provide some optional service in this rotation.

FORENSIC PSYCHOLOGY ROTATION

Project Second Try

Project Second Try is a specialized treatment program for young sexual offenders. This program was inaugurated in 1991 with the help of a federal grant from the Office of Juvenile Justice and Delinquency Prevention. Currently funding is provided by reimbursements from third party payors, especially Medicaid. The client population includes children from the ages of five to fourteen. Eighty percent of referred patients are mandated as part of probation. Parent participation is required.

The treatment protocols include intake assessment, psychological testing, individual therapy and group therapy. The approach combines cognitive behavioral and psychoeducational approaches, but is also guided by psychodynamic understanding of the client's behavior. Treatment and assessment are culturally sensitive in that TEMAS is included as part of the test battery, and cultural factors related to sexual behavior and legal issues are a focus of treatment. In addition, consideration of cultural affiliation and cultural alienation as a component of delinquent behavior is considered.

The Project Second Try rotation provides the student with an understanding of forensic psychological issues relating to young sexual perpetrators; competence in working with delinquents, specifically those exhibiting sexual misconduct; parental and familial issues pertaining to this population; skills in working in individual and group modalities; and experience in case presentations with this population. In addition, interns may participate in ongoing clinical research with this population.

Each intern will be responsible for a caseload of up to eight clients. Specific intern activities include intake assessment; individual and group psychotherapy, psychological testing, parents group, case presentation, and participation in the weekly staff meeting and individual supervision. In addition, interns may have opportunities to testify in court, and to gain familiarity with attorneys and judges involved with delinquency proceedings of young sex offenders.

The rotation is generally one day per week. Additional forensic psychological opportunities in the internship program are dealt with in the following components:

- (a) Court mandated mental health treatment at Sunset Park Mental Health Center.
- (b) Assessment in the context of disability determinations.
- (c) Assessments in the context of job applications and rejections by reason of psychiatric disabilities.

Center for Child Development Rotation

The Center for Child Development is a family-centered program providing developmental services to children from birth to 12 years. Early Intervention and Pediatric Rehabilitation services are provided by a multidisciplinary team, working closely with families. Services include Child Development Screenings and Evaluations; Audiology Assessments for Children and Adults; Physical Therapy; Occupational Therapy; Speech and Language Therapy; Social Work; Special Instruction; Service Coordination; Parent Support and Workshops on Child Development Issues.

The intern rotating through the Center for Child Development program will gain an understanding of child development issues, gain competence in conducting child developmental screenings and evaluations, obtain experience in working within a multidisciplinary team setting, as well as gaining increased awareness of parental and family issues pertaining to this population. This rotation is offered for ½ day a week throughout the internship year. Interns choosing this rotation receive specialized supervision by a licensed developmental psychologist.

Additional child centered rotations may be available for the 2009-2010 training year.

Adult Outpatient Emphasis Program

Six rotations offer training and service opportunities to adult outpatient populations.

Psychosocial Program

Interns who choose this rotation will spend one full day with clients drawn from the Psychosocial Clubhouse, based on their level of interest. Although the structure of this rotation is flexible, the intern will generally spend the morning time with Clubhouse staff assisting with recreational and educational activities. Activities of interests may include groups based on poetry and other writing, painting, exercise, yoga, mindfulness, games, current events, and other activities based on an intern's particular interest and experience. There may be opportunities to become an involved in programming as well.

In the afternoon, the intern will provide one on one individual treatment to 2 – 3 patients with SMI. In addition to the individual work, they will co-facilitate 1 or 2 recovery-oriented groups with the rotation supervisor. These groups will emphasize various aspects of recovery such as improved psychosocial functioning, pursuing education and vocational interests, improving social skills, and maintaining wellness. There is a possibility that one of the groups would focus on schizophrenia – either directly with group members or by way of family psycho-educational group.

As part of the rotation, interns will be expected to read selected journal articles related to recovery with the SMI. At least one hour per week of supervision is provided to the intern who elects this rotation.

Chemical Dependency Services

The Chemical Dependency Service provides comprehensive treatment by offering a wide array of services for alcohol and other drug problems, including an Acute (Inpatient) Detox Program as well as and outpatient program and services. The inpatient program is a five-day, medically directed program during which abstinence from alcohol and other drugs is initiated. A multi-disciplinary team on the inpatient unit conducts comprehensive assessments of the client's needs and makes referrals for treatment if necessary.

The outpatient service provides assessment and treatment for the population of individuals who are addicted to or abuse substances. Clients are assigned to the rehabilitation module for intensive outpatient treatment or for routine care. A multi-disciplinary approach is utilized, including the disciplines of psychology, psychiatry, addiction counseling, and social work. Services are offered to significant others and family members who experience the impact of addiction or substance abuse.

A separate track for Spanish-speaking outpatients is available. In addition professionals are available to treat adolescents utilizing group and individual modalities after school hours. A recent addition to services is an outpatient program that coordinates services for people involved in off-site methadone maintenance programs. Individuals who have co-existing severe psychiatric diagnoses are treated in a Dual Focus Program. The overall, treatment philosophy (except for the methadone maintenance program) is based on abstinence, and the establishment of a substance-free lifestyle. Services include crisis intervention, individual counseling and group treatment.

The comprehensive programs for the treatment of clients suffering from addiction or substance abuse problems provide the intern with opportunities for acquiring skills in working with this population. Interns in the outpatient programs may elect to participate in these programs for one day per week. Intern activities

include intake assessment, individual treatment and co-leadership in-group modalities. Interns choosing such a rotation receive specialized supervision by psychology staff members who work within the Chemical Dependency Unit.

Services for Persons with HIV

Lutheran Medical Center provides comprehensive interdisciplinary health services for persons with HIV/AIDS. Psychology plays an integral role in the care provided to HIV positive clients in a team that includes specialists in medicine, nursing, social work and nutrition.

There is an outpatient HIV specialty service where psychology provides assessment, testing and psychotherapeutic modalities, including individual, couples, family and group therapy. Staff psychologists and interns are part of the health care of all patients at this specialty program.

The psychology staff works closely with members of the health disciplines in the HIV team to ensure continuity of care across treatment modalities.

A one day rotation in the HIV/AIDS program provides interns with opportunities to participate in didactic and clinical training regarding assessment, treatment, legal and ethical issues in the treatment of clients with HIV/AIDS. Interns provide multi-modal therapeutic interventions to persons with HIV and their significant others. In addition, they work as consultants with medical staff. Additionally, interns study differential diagnoses in the assessment of syndromes that have both medical and psychological components. Other issues addressed on this optional rotation include AIDS Dementia, death and dying, grief therapy and psychological components of life threatening and terminal illness.

Research Rotation

A Research Rotation is available and interns can select either a ½ day or 1 day per week commitment.

Research activities for students who elect this rotation are varied and afford a good match according to the student's interests, knowledge and experience. The requirements for the intern are individually determined during the orientation period in conjunction with the Director of Training. Activities focus around ongoing clinical research projects in the area of culturally sensitive assessment and treatment. Opportunities also exist to build independent doctoral dissertation research from these ongoing projects.

Research activities may include data collection, usually in the form of psychological testing, clinical interviews, administration of questionnaire and paper and pencil tests, data entry, data analysis as well as other kinds of activities essential to the research process. At least one hour of supervision is provided weekly. In addition, a seminar dealing with the development and process of all aspects of clinical research is provided.

Several large research projects are ongoing at the Sunset Terrace Mental Health Center focusing on nonbiased assessment techniques and culturally sensitive treatment. Several nationally known clinical research projects funded by the N.I.M.H. have been completed at the Mental Health Center such as: the Cuento Therapy project, the use of Folktales as a Therapy Modality with Hispanic children and their parents; the Hero/Heroine Modeling Therapy for Hispanic adolescents, which utilizes biographical stories of prominent Hispanic individuals as role models; and TEMAS (Tell-Me-A-Story), a multi-cultural thematic apperception test standardized for Hispanic, Black and White children. Several other clinical research projects, are in progress, such as, the development of a questionnaire to assess cultural perception of sexual abuse among Hispanics, the collection of normative TEMAS data for adolescents (the latter project is ongoing and interns contribute six protocols), the development of the TEMAS as a therapeutic intervention technique with adult populations (another ongoing project with both inpatient and outpatient populations), and research on the effects of language and culture on psychiatric diagnosis of Hispanics and others. This program of culturally

sensitive research has made a lasting contribution in the areas of culturally sensitive therapy modalities and testing of Hispanics and other minorities.

Past psychology interns at the Sunset Terrace Mental Health Center have often benefited from the ongoing research incorporating their dissertation topics within the research program and completing their dissertations. Some have also published and presented at major national and international conferences. Whether the intern formally elects the research rotation or not, psychology interns are encouraged to join the existing research for their predoctoral and doctoral dissertations. Technical assistance is provided throughout.

Services for Older Adults – Senior Connections

Lutheran Family Health Centers' Services for Older Adults offers a wide array of supportive programming for the elderly, including senior housing, senior centers and meals on wheels, transportation, and day programs for the frail elderly, including those with dementia. Many of these programs have bachelor-level Service Coordinators that assist older adult participants access needed services so that they can maintain their well-being in their home environment.

Services for Older Adults has recently secured funding to bridge the gap between older adults and mental health programming. Senior Connections strives to identify older adults with symptoms of depression, anxiety, alcoholism, and dementia and refer them to mental health services. The initiative is focused on training staff who are in regular contact with the older adults on how to recognize signs or symptoms indicating that a senior's mental health may be declining, and provide staff with resources to better manage referrals. In addition, the program is developing a host of groups for older adults. These groups will utilize creative arts and other hands-on activities co-facilitated by a therapist to engage participants in preventative mental health care. Groups will be conducted in the main language spoken by the older adults (Chinese, Russian, Spanish, and English). The groups will be co-facilitated by a trusted service coordinator located at the main site, and will serve as a bridge to individual treatment for those older adults who need it.

Groups will be centered around engaging activities that appeal to specific cultural groups and that promote conversation and community building. Some examples include knitting, Yoga, community walks, arts and crafts, and music or cinema. Each group will serve to prevent mental health problems as well as offer a means to identify individuals who could benefit from ongoing mental health treatment. Psychology Interns electing a half day rotation working with seniors within the Seniors Connections Program will identify underlying indicators of distress, depression, or unusual behaviors and serve as a bridge to counseling or other mental health services. The intern will coordinate with the on-site service coordinator in order to best meet the clients' needs.

Psychology Interns will receive at least a half hour per week of individual/group supervision in order to provide support to the Intern.

Primary Care Rotation

In August 2007, the psychology internship was awarded a Graduate Psychology Education Grant, allowing for the creation of a new program aimed at increasing the quality and quantity of professional resources available for providing culturally competent behavioral health services within the Lutheran Family Health Center's network of primary care sites. Implementation of mental health services in primary care settings is important in that many consumers do not seek mental health services in self-contained mental health programs due to the stigma that persists regarding being seen in a traditional mental health setting. By providing mental health services in the primary care setting, stigma is minimized and viewing mental health issues as another facet of medical care is reinforced.

Psychology Interns undertaking a rotation in primary care have the opportunity to provide individual short term therapy, time limited group psychotherapy, consultation, psycho-education, and psychological assessment under the supervision of a licensed mental health clinician. Treatment focuses on specific medical symptoms and the psychological factors that compound, exacerbate, overlay, ameliorate or result from the physical signs and symptoms of chronic disease entities. A curriculum consisting of clinical and didactic sessions as well as case reviews and collaboration with physicians, nurses and other allied health professionals is an additional component of the primary care rotation experience.

DIDACTIC PROGRAM

The educational component of the internship program is concentrated into one day - Tuesdays. Interns arrange their supervision and participation in didactic seminars during this time.

CLINICAL SUPERVISION

Interns receive 3 hours of individual supervision per week for supervision of individual treatment cases. Intern-Supervisor matches are made after consideration of each intern's training interests and skills, and are made for the entire year. In addition, interns receive one hour of group supervision for individual clinic cases and 1 hour of group supervision for psychological test batteries. Interns participating in the onsite School Health Project also receive one hour of group supervision for cases encountered in the School Health Project. Additional supervision is obtained by co-leading therapy groups with staff members and by scheduled meetings with psychologists working at the various elective rotation sites. Given the psychodynamic orientation of many internship supervisors, interns should expect that supervision may involve exploration of countertransference projections or interpersonal interactions, including an intern's relationship with significant others such as parents or peers, etc.

SEMINARS

The core curriculum of seminars is designed to cover topics relevant to professional psychology. While some seminars have relevance to general populations, others are designed to address issues that encompass greater relevance for a specific age group. The core of required seminars covers general mental status examination and clinical interviewing, ethics, cultural sensitivity in assessment and psychotherapy and various treatment modalities (psychopharmacology, family therapy, brief therapy, group therapy, etc.). Additional specialty seminars on such topics as addictive diseases and AIDS as well as on child/adolescent populations are offered in addition to specialty area seminars relevant to various age groups. All interns are also given time to participate in bi-weekly process group to enable them as individuals and as a group to enrich their personal and professional development as group therapists and as clinicians.

This group is led by a clinician who has no evaluative function in the program, thus allowing for confidentiality and freedom of expression.

There is also a monthly feedback group, led by the Director of Training, which provides interns with a forum to make suggestions and give feedback regarding their internship experiences.

STAFF AND TEAM MEETINGS

There is a weekly 1 hour staff meeting, which address both administrative issues and topics that are of clinical and professional interest. Outside speakers are often invited to this meeting. There are also weekly interdisciplinary treatment team meetings. Interns are assigned to one of five treatment teams. Along with other staff, interns present their clinic cases at these meetings and receive input from members of the psychiatry, social work and psychology staff regarding care conceptualization and treatment recommendations. In this fashion, interns gain a sense of their role and status as professionals. Thus, there are various opportunities offered for the intern to meet with other students and professionals to share ideas and experiences.

PERSONAL AND PROFESSIONAL DEVELOPMENT

Interns are encouraged to attend workshops and conferences for professional development and to stay abreast of the professional literature. Five conference days are allocated to each intern so that they may attend workshops, seminars and conference opportunities outside the mental health center and hospital. The New York Metropolitan Area is rich with such opportunities for professional development.

TIME COMMITMENT

Full-time interns are required to work a minimum of 45 hours a week at the agency. This time commitment includes a minimum of two evenings a week to see adult outpatients who are employed and children who are in school during the day.

APPLICATION PROCEDURES

Applicants are required to be matriculated in a clinical, counseling or school psychology doctoral program with at least 3 years of graduate study. Applicants by the time they enter the internship must have completed at least two and preferably 3 years of adequate and appropriate practicum experience. The application deadline is November 15th of the year preceding that of the internship. Material required includes:

- APPIC Universal Application Form
- Three (3) letters of references
- A Curriculum Vitae
- A transcript of graduate work
- Two (2) writing samples – ideally a case summary and a psychological assessment
- A cover letter indicating whether the applicant is applying to the Child Outpatient Emphasis or Adult Outpatient Emphasis Program.

Applicants are requested to send all materials in one packet. Due to a shortage of clerical staff, we will no longer accept applications that are sent piece-meal.

TRAVEL INSTRUCTIONS

Sunset Terrace Mental Health Center
514 49th Street, Brooklyn, NY 11220
(between Fifth and Sixth Avenues)
(718) 431-2600

By Car

From Manhattan:

Brooklyn Battery Tunnel to the Gowanus Expressway, stay to the right. After about a mile and a half, take 39th Street Exit, (which is also the first exit on the right side of the highway) which takes you 39th Street and Second Avenue; turn left onto Second Avenue. Ride on 2nd Avenue until 48th Street. Turn left on 48th Street; proceed to Sixth Avenue. The Center is located in the Sunset Terrace Family Health Center, at 514 49th Street.

From Queens:

Take the Brooklyn Queens Expressway Westbound to the Gowanus Expressway, following signs to Staten Island, Verrazano Bridge. Bear to the right. Take the 65th Street Exit (which is the first exit on the right side of the road following the 39th Street Exit). At the end of the exit ramp, take the first left turn. This will put you on the Sixth Avenue, heading North. Turn right on 49th Street. The Center is the beige office building to your left, the only office building on the block.

From Long Island:

Take the Belt Parkway to Exit 1, which is the 66th Street Exit. Follow any of the exit ramps-they will take you to 66th Street and Second Avenue or 66th Street and Fourth Avenue. Turn left, and head North to 50th Street. Turn left and go to Sixth Avenue. Turn left, go one block to 49th Street, and turn left again onto 49th Street. The Center is the beige office building on your left, the only office building on the block.

From New Jersey:

Take Route 440 or the Goethals Bridge to the Verrazano Bridge to Brooklyn. Take the 65th Street Exit, which will lead you onto Seventh Avenue and 65th Street. Continue North on Seventh Avenue to 49th Street, turn left onto 49th Street, go two blocks. The Center is the beige office building on your left, the only office building on the block between Fifth and Sixth Avenues; or take the Holland Tunnel to Manhattan and follow the instructions from Manhattan, listed above.

By Subway:

We are closest to the 45th Street subway stop on the "R" line into Brooklyn. The "R" train leaves you on 45th Street and 4th Avenue. Walk up the hill to 5th Avenue and walk along 5th Avenue to 49th Street. The Center is located in the Sunset Terrace Family Health Center at 514 49th Street.

Requests for Application

Inquiries regarding the Psychology Internship Training Program and requests for application should be addressed to:

Carmen Rivera, Ph.D., Director of Training
Sunset Terrace Mental Health Center
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Phone: 718-437-5218; Fax: 718-437-5239
Email: crivera@lmcmc.com