



MedStar Health

**MEDSTAR GEORGETOWN
UNIVERSITY HOSPITAL**



**MedStar Georgetown University Hospital (MGUH)
Department of Psychiatry
Division of Outpatient Child and Adolescent Psychiatry
AND
Center for Wellbeing in School Environments (WISE Center)**

Child and Adolescent Clinical Psychology Externship Training Program

MGUH's Department of Psychiatry is a multidisciplinary, community- and family-focused organization committed to strengthening the wellbeing of children and families through a culturally humble, and healing-informed approach. We have three tracks: *Outpatient Mental Health, School-Based Mental Health and Adult/Health Psychology.*

Program Overview: Adult Treatment/Health Psychology Track

This track is a hybrid of the School-Based and Outpatient tracks. Trainees will provide treatment to clients in outpatient clinic sites via Health Psychology model of care and educators in DC public and public charter schools. Please refer to the description below for further details:

Rotations:

Educator therapy Rotation (8 hours): Individual or group-based, empirically supported treatments (e.g. CBT, Single Session Consultation) are provided to educators at WISE partner school sites. Candidates for therapy are self-referred and/or referred by colleagues. Hybrid services are provided in-person/virtually at assigned schools in Wards 4, 5, 7 or 8. Therapeutic services for educators, administrators and school-based staff are provided at no cost.

Health Psychology Rotation (8 hours): The health psychology rotation focuses on the intersection of social, psychological and biological factors that influence overall health. This clinical experience provides a unique opportunity to train in an area of speciality with the goal of providing mental health services focused on promoting health and overall physical and psychological well being. There are 3 subspecialties under the Health Psychology rotation:

Subspecialty: Women's Mental Health Program (WMHP)

The Women's Mental Health Program (WMHP) sub-specialty program is a unique learning experience based within the Department of Psychiatry at MedStar Georgetown. This placement provides trainees an opportunity to acquire training with the perinatal patient population in a multidisciplinary environment. Trainees provide services to pregnant and postpartum patients, patients coping with fertility and loss, and families who have a baby in the Neonatal Intensive Care Unit (NICU). Responsibilities include conducting initial intake evaluations as well as individual and group psychotherapy. In addition to clinical activities, trainees attend weekly supervision with a licensed psychologist, didactic seminars, and trainings covering a range of topics addressing the perinatal experience and the practice of therapy. Trainees receive exposure to the practice of brief psychotherapy and various theoretical

orientations including cognitive behavioral; family systems; psychodynamic; and solution-focused therapies. Presenting issues include perinatal depression; anxiety; parenting; and relationship concerns. The WMHP is committed to creating a supportive learning environment that both encourages growth and exposure to new experiences while ensuring trainees feel properly supported at all times.

Please Note (applicants interested in the Maternal Health Subspecialty): Mandatory training days are Wednesdays. Trainees are expected to attend trainings and participate in clinical activities for the WMHP on Wednesdays.

Activities:

- Conduct initial intake evaluations
- Conduct outpatient individual psychotherapy
- Conduct outpatient group psychotherapy
- Attend weekly supervision with a licensed psychologist
- Attend didactic seminars and trainings covering a range of topics addressing the perinatal experience and practice of therapy

Clinical Focus on Treating Issues Related to:

- Perinatal depression and anxiety
- Parenting concerns
- Relationship concerns
- Fertility and loss
- Neonatal Intensive Care Unit (NICU) experience

Subspecialty: Fort Lincoln Family Medicine

Trainees will rotate a full day at the clinic. Training will focus on brief patient care intervention/health psychology and primary care mental health consultation. Externs will have the opportunity to work directly with medical residents as part of an integrated behavioral health team.

- Required training day: Monday
- Onsite supervision will be provided by Dr. Keri Kirk
- Additional opportunities available: Research on health behaviors and social context of obesity and cardiovascular disease

Location: Fort Lincoln Family Medicine
4151 Bladensburg Rd
Colmar Manor, MD 20722
p: 301-699-7700; f: 301-779-9001

Subspecialty: Lombardi Cancer Center

Trainees will rotate one full day at this clinic. Training will focus on patient care with adults diagnosed with cancer. Externs will learn to utilize specific distress screeners to determine proper wellbeing supports.

- Required training day: Flexible, with a preference for Thursday or Friday
- Onsite supervision will be provided by Dr. Kimberly Davis
- Additional opportunities available: Research on cancer prevention and control, distress screening and follow-up

Location: 2115 Wisconsin Avenue Suite 200 Washington DC (outpatient clinic) and
3800 Reservoir Rd NW, Washington, DC 20007 (main hospital)

Training Program Requirements

Supervision: Individual in-person weekly supervision will be provided by licensed clinical psychologists. A primary focus of supervision is increasing the trainee's understanding of the intersection between biology, psychology, behavior and health in the treatment process. Supervision models with a cultural basis are utilized throughout the training process.

All trainees will have the opportunity to take part in quarterly group supervision with other psychology trainees to gain broader viewpoints and a greater understanding of the interface of psychotherapy, community mental health, and hospital medical care. Trainees will also have the opportunity to take part in weekly interdisciplinary group supervision and/or consultation with other externs, school-based social workers, school-based psychologists, and school-based psychiatrists as well as didactics specific to health psychology. Given our faculty's strong commitment to training, externs are afforded the opportunity to collaborate with many experts in our field, depending on their specific interests.

Didactic Trainings

Adult/Health Psychology trainees are required to participate in weekly didactics (Tuesdays 10:00-11:00am) facilitated by MGUH faculty and community partners. Didactics focus on various topics including: Maternal Mental Health, Group Therapy, Dialectical Behavioral Therapy, Provider Consciousness, among many others.

Adult/Health Psychology trainees are encouraged to participate in monthly Child and Adolescent Grand Rounds facilitated by world-renowned researchers and practitioners (Tuesdays 11:00am-12:15pm) as well as other optional didactics.

In addition, (virtual) attendance at Adult Psychiatry Grand Rounds is recommended. Adult Psychiatry Grand Rounds are held twice a month on Thursdays afternoons (4:00-5:30pm). Trainees also have the option to attend additional weekly didactics sessions alongside child and adolescent psychiatry fellows, residents, and/or externs as is topically relevant. Trainees may also be required to attend health psychology-specific seminars and workshops tailored to meet their training needs and interests.

Qualifications

Applicants should be doctoral trainees in Clinical, Counseling, or School Psychology entering their 3rd year or higher and have some experience delivering psychotherapy.

Time Requirement

Two days per week is preferred. Hours within the 16 hour requirement may vary based on client need. One day per week rotations are considered, if applicable:

- Day 1: Focus on Educator therapy (in-person or virtual)
- Day 2: Focus on Health Psychology (Fort Lincoln, Maternal Health, Lombardi)

Schedule example(s)

#1: Mondays: Ft. Lincoln Clinic; Thursdays: Educator Therapy

#2: Mondays: Educator Therapy; Wednesdays: Women's Maternal Health Program

#3: Thursdays: Lombardi Cancer Center; Fridays: Educator Therapy

Caseload Requirement

It is recommended that trainees carry a daily caseload of 5-6 individual patients. Caseloads numbers will be at the discretion of the site supervisor and externs.

Available Positions

In total, four (4) health psychology trainees will be recruited to begin in August 2024. Of the four (4) trainees, two (2) trainees will be specifically recruited for the Fort Lincoln site, one (1) trainee for the Lombardi site, and one (1) trainee for the Women Maternal Health Program. *To note, only a select number of the most competitive applicants will be offered interviews, and interviews will be offered on a rolling basis. As such, early submission of application materials is highly encouraged.*

Applications

To apply: We will begin accepting applications for four (4) positions on **Monday January 8, 2024**. The application submission period will close on **February 12, 2024**. Offers are extended on a rolling basis; however, trainees are not required to accept or decline offers until the Universal Acceptance Date on **Friday March 8, 2024**. If interested in the Health Psychology Track, please submit application materials to training@medstarwise.org. Please submit any questions to Drs. Polanin and Carter using the contact information below:

- **Statement of Interest:** Please provide a 250-word statement based on the following prompt:
 - *How does who you are inform your work as a mental health clinician?*
 - Please include the specific track(s) in which you are interested. Health Psychology applicants may also apply to School-Based Mental Health track.
- **CV**
- **Two (2) letters of recommendation** from current or previous clinical supervisors
- **Case conceptualization:** Please read the following case scenario and provide a 250-word case conceptualization, including how you would approach working with this family:
 - *You are working with an 11-year-old African American child whose family resides in Ward 7 in DC. The child presents with anxiety related to school- and family-related transitions. The child is experiencing strain within caregiver and peer relationships, academic challenges, and trouble focusing. The child's mother recently had a baby, and a high-risk pregnancy and delivery is causing continued health challenges that impact her ability to engage with the child and provide academic support. The child's father lives in the home and has historically worked long hours, but is now taking on more caretaking responsibilities.*

Contact Information

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