

*New York State Office of Mental Health
Holliswood Hospital
Department of Psychology*

*87-37 Palermo Street
Holliswood, NY 11423
(718) 776-8181*

Holliswood Hospital

Intern and Extern

Handbook



**HOLLISWOOD HOSPITAL
DEPARTMENT OF PSYCHOLOGY
INTERNSHIP AND EXTERNSHIP PROGRAMS
IN CLINICAL PSYCHOLOGY**

Training Facility

Holliswood Hospital is a 125 bed private psychiatric hospital located in a quiet residential Queens community and is a leader in providing state of the art mental health care to children, adolescents, adults, dual diagnosed patients and military service members. Therapeutic programs are designed to meet the needs of patients with a broad range of psychiatric diagnoses that are often times compounded by substance abuse and a history of trauma.

The mission of Holliswood Hospital is to provide quality, cost effective mental health treatment for patients suffering from mental health disorders in a safe, therapeutic and compassionate environment. Holliswood serves patients from age four to senior citizens. Holliswood Hospital is managed by Liberty Behavioral Management Corp., a leader in Behavioral Health Care Management.

All units are staffed by psychiatrists, social workers, psychologists, and creative arts therapists. In addition, 24 hour nursing care is provided with a registered nurse on each unit as the lead person during every shift. All patients receive an individualized treatment plan which includes a discharge goal and a discharge plan.

Programs offered by Holliswood Hospital are accredited by the Joint Commission (JC) and are certified by the New York State Office of Mental Health (OMH). The hospital is a member of the National Association of Psychiatric Health Systems (NAPHS).

Overview of Training and Treatment Programs

The clinical training experiences as Holliswood provide a formalized program of supervised training using a practitioner model and an integrative approach which assists students in blending their graduate education into clinical practice. The interns and externs are offered a rich and broad experience with the goal of providing them with sequential learning opportunities toward their development as professional clinicians. The training supervisors have a wide range of expertise and have successfully adapted several theoretical frameworks in order to provide treatment for a myriad of clients. Interns and Externs are assigned to an Adolescent or Adult specific Track but can get exposure to working with children, adolescents, and adults upon request. In addition to inpatient units, Holliswood Hospital also offers a partial hospitalization program. Students also gain exposure to this unique population that reflects a time of transition for clients living in their own residence while attending treatment daily at the hospital. The hospital also treats service members as a part of the Military Wellness Program.

Adult Track

The Adult Track at Holliswood focuses on the Inpatient Program which is designed to provide caring and comprehensive inpatient care to a wide range of adults (aged 18 and older) who are in an acute phase of mental illness. These clients present with a wide range of Axis I and Axis II diagnoses which necessitate inpatient stabilization. A history of substance abuse is prevalent among this population and clients are able to receive treatment as part of a Dual-Recovery model. This collaborative approach seeks to empower individuals. The Adult Inpatient Program takes a strengths-based and holistic approach to assist individuals in crisis. Clients on the unit have the opportunity to attend educational and therapeutic groups on a wide range of subjects specifically designed to promote insight, healthy coping strategies, and growth. The student is part of the multidisciplinary team which consists of psychiatrists, social workers, psychologists, creative arts therapists, nurses and mental health workers.

Part of training in the Adult Track includes participation in the Adult Partial Hospitalization Program which provides an intensive outpatient psychiatric treatment for adults who are experiencing various psychiatric problems. Through comprehensive, individualized treatment, the program seeks to stabilize symptoms and support individuals to maximize their health and functioning in the community.

The Military Wellness Program at The Holliswood Hospital is a comprehensive inpatient treatment alternative for anyone who is currently having difficulties related to stressful events they experienced pre-deployment, in-theater, or related to post-deployment adjustment. Our treatment philosophy stems from the latest evidence-based neurological and clinical research on Post Traumatic Stress Disorder and the effects of exposure to traumatic events. The holistic treatments address the mind, the body, and the spirit in unison as individuals are encouraged to overcome their experiences. Individuals work to understand the underlying patterns and origins of their current difficulties.

To be considered as a Psychology Intern for the Military Wellness program, applicants will need one year of prior experience working with the military.

Adolescent Track

The Adolescent Program offers intensive clinical services for individuals between the ages of twelve and eighteen who require rapid stabilization for acute psychiatric disturbance. The Program provides a secure 24 hour therapeutic milieu which emphasizes diagnostic evaluation as well as group and individual treatment. The hospital treats adolescents presenting with a range of diagnoses. Teens with a co-existing substance abuse and/or conduct disorder are also treated. This treatment offers trauma-informed clinical services.

Medication management is an instrumental part of the treatment and medication is prescribed only with parental consent. Group therapy is the primary modality of treatment and there are substance groups available for dually diagnosed adolescents. In addition there is a New York City Department of Education school on site to provide educational services in order to assist adolescents in maintaining their academic standing.

Goals

Using the practitioner model, the program's goals are to provide clinical training, didactic experiences and continued supervision to:

1. Facilitate the integration of theoretical knowledge with clinical skills in carrying out psychological services in the assessment, diagnosis, and treatment of adolescents and adults.
2. Facilitate the students' abilities in the use of psychological assessments as a means of obtaining valuable information for the diagnosis and treatment of psychiatric patients.
3. Facilitate the acquisition of scientific and theoretical knowledge for cognitive-behavioral and psychodynamic treatments.
4. Facilitate the growth and transition to become professional clinicians.

Training

The internship and externship program teaches through a model of graduated course of training. Students begin their training year by first observing groups on their respective adult or adolescent units. As their training progresses, they move to co-leading their groups. Finally, the intern or extern is able to run groups independently within the adolescent and adult programs. Students also carry an individual caseload of clients. Case-presentation skills are honed during the group supervision seminar whereby students present cases and gain clinical and theoretical insights to apply to their individual cases. Chart documentation of clinical work is also a part of the learning experience. Interns and externs learn to diagnose and treat patients with various psychiatric presentations. Clinical assessment is also provided as part of the training experiences and interns and externs may test adolescents and adults, as needed.

Supervision

Interns and Externs will receive one hour of individual supervision weekly. The group supervision seminar is held on **Thursdays at 1PM**. You may attend this session even if you are not scheduled to be in on this day. Thursdays are not mandatory but is the only day that a group supervision experience is offered. In addition, there are milieu supervisory experiences offered frequently, peer supervision, as well as didactic training experiences.

This seminar includes topics such as: substance abuse, medical records documentation, therapeutic uses of art, cultural diversity training, spirituality, dialectical behavior therapy, cognitive behavior therapy, prolonged exposure, trauma, social skills, licensing, ethics, and program evaluation. At the outset of the seminar, students are also able to indicate areas of further theoretical interest. These interests are incorporated into the seminars when available.

In addition to the group supervision, students may be able to participate in the medical student seminars which include a rotating schedule of topics. Conferences and seminars offered at Holliswood Hospital are offered to the students, when opportunities arise.

Remuneration

Psychology Interns are eligible to receive compensation of \$375 per month. Interns are given eight holidays, four personal days, twelve sick days, twenty days of vacation days. Conference days may available if scheduled in advance.

Psychology Externs/ Mental Health counseling students who work a twenty hour work week are given two personal days, six sick days, ten vacation days, and eight holidays per calendar year. A conference day may available if scheduled in advance. Students coming from programs that have a maximum requirement of sixteen hours per week can discuss any questions they may have regarding time off at the start of their externship.

Interns and Externs are required to work one minor holiday, and one major holiday, and then receive two floating holidays.

All scheduled time off needs to be coordinated with Jackie Rindos one month prior to requested time. In the event of sickness or personal emergencies the day of work, Jackie Rindos and the individual supervisor need to be notified by 8AM.

Responsibilities

During the course of their practical experience at Holliswood Hospital, all students are expected to participate in morning rounds and team meetings when available, conduct group therapy sessions covering a wide range of topics, provide individual therapy to assigned patients, complete necessary documentation, and complete assessments when assigned.

Application Requirements

Application materials include:

1. Curriculum Vitae
2. Cover Letter
3. Writing sample
4. Two letters of recommendation

Applicants enrolled in psychology doctoral programs and mental health counseling programs are encouraged to apply. Four full-time Psychology Internship positions are available and approximately eight part-time positions are available every year.

After screening the above materials, a personal interview will be arranged for those candidates selected for further consideration. During the interview, applicants tour the facility and in-patient placement sites. Information about the hospital and training sites is provided and prospective intern and externs are encouraged to ask questions.

Application materials should be emailed in one email, with attachments to jkoblenz@libertymgt.com.

Equal Employment Opportunity

It is the policy of the New York State Office of Mental Health to provide equal employment opportunity to all people without regard to race, color, sex, religion, age, national origin, disability, Veteran status or sexual orientation to ensure nondiscrimination the provision of all services to the public.



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Clinical Internship and Externship in Professional Psychology Training Faculty:

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