

Orange Regional Medical Center, Clinical Psychology Externship Program

[Orange Regional Medical Center](#)
Middletown, NY 10940
Clinical Psychology Externship Program
2020-2021

Positions Available: We will have two (2) positions for 2020-2021

Director, Clinical Psychology Externship Program:
Kim Arrington, Psy.D. karrington@ghvhs.org

About Orange Regional Medical Center Behavioral Health Services:

Inpatient Behavioral Health Services

The Inpatient Behavioral Health Unit is a 30 bed acute care inpatient psychiatric unit which is operational 24 hours a day 365 days a year. The unit receives admissions from the [emergency department](#), transfers from other inpatient departments and the community.

Our experienced healthcare team provides inpatient treatment for adults 18 years of age and older under the direction of a Psychiatrist. A multi-disciplinary team consisting of a Psychiatrist, Psychologist, Registered Nurse, Licensed Clinical Social Worker, Case Manager and Activity Therapist work together with our patients and their families to coordinate appropriate and individualized care.

From Diagnosis to Treatment

Treatments provided include a comprehensive psychiatric evaluation, nursing and psychosocial assessments, as well as many other services and treatment techniques, including:

- Medication management
- Groups (recreational, educational, therapeutic)
- Family meetings
- Crisis intervention
- Case management
- Supportive counseling
- Activity therapy

Outpatient Behavioral Health Services

Orange Regional Counseling Services treat children, adolescents and adults with behavioral, emotional and mental health problems. Our Orange Regional Medical Group team works in-conjunction with [Orange Regional Medical Center's Behavioral Health](#) center to offer patients a

variety of services, including patient assessments, psychoeducational testing, personality testing, supportive counseling and medication management.

Our team is specialized in treating the following mental, emotional, or social conditions:

- Depression, anxiety, and various other mood disorders
- Psychiatric conditions linked to neurological illnesses
- Psychiatric symptoms related to substance or alcohol abuse
- Childhood disorders

We are focused on developing individualized treatment plans to address the specific needs of each of our patients. The treatment planning process helps identify special needs and consumer strengths, with the overall goal of wellness and recovery.

Orange Regional Medical Center's clinical services are comprised of specialized programs:

- Women's Health Consultation and Liaison Program
- Child and Adolescent Program
- Severe Mental Health Disorders Program
- Addiction and Recovery Program
- Geriatric Adult Program
- Psychoanalytic/Psychodynamic Therapy Program

The Externship Program: The Clinical Psychology Externship Program is a 10-12 month training experience (16-20 hours per week, over 2-3 days), beginning in August 2020 (flexible) and ending in August 2021 (flexible). The externship offers the opportunity for trainees to gain a deeper understanding of the role of psychological consultation, assessment, and intervention in the acute treatment of individuals with severe and persistent mental illness and co-occurring disorders. There is also an opportunity to develop skills over the longer term with outpatient clients. Working with the outpatient behavioral health team may include providing group and individual psychotherapy as well as performing psychoeducational and personality testing. Strong emphasis is placed on providing clinical services that are consistent with psychodynamic models of treatment. There will also be opportunities to learn cognitive-behavioral techniques.

Clinical Training: Externs will gain experience facilitating psychotherapy groups, as well as in psychological assessment, psychoeducation, crisis intervention, and will carry a caseload of several individual patients. During the training year, externs will complete consecutive six-month rotations on their assigned units.

Supervision: Externs will receive one hour of weekly face-to-face, individual supervision from a licensed clinical psychologist. Externs will also receive one hour of group supervision by a licensed clinical psychologist. Live, in-session observation of clinical activities will be conducted during each rotation. Supervising psychologists come from various training backgrounds and clinical orientations.

Didactic Training: Externs will participate in daily morning report on the inpatient unit, clinical rounds, treatment team meetings, community meetings, case conferences, and staff meetings. Externs will work together with psychologists, psychiatrists, psychiatric nurse practitioners, nurses, nursing aides, social workers, activity therapists, certified alcoholism and substance abuse counselors, and students from several disciplines. Externs will participate in weekly clinical psychology didactic seminars that include a variety of clinical and research topics, as well as professional development issues. There will be overlap and integration with the didactics for the

Psychiatry Residency Program. These didactics focus on Psychodynamic Psychotherapy, and well as recent issues in medication and research,

Additional experiences may include hospital-wide grand rounds, medical staff meetings, journal club, clinical case conferences, discharge planning meetings, committee meetings, and other seminars.

Applicant Requirements:

Externship positions are available for two qualified, pre-internship students who are enrolled in an APA-Accredited clinical or counseling psychology doctoral program. Preference may be given to those who will be in their fourth year of training at the time of the externship. A minimum of 16 hours per week is required, with a 10-12-month commitment. Externs will receive coverage of meals in the cafeteria during designated work hours. Applicants should have completed coursework in psychotherapy and psychological assessment, have training in DSM/ICD diagnostic systems, and have familiarity with psychopathology and differential diagnosis by the time the externship begins. Applicants should demonstrate prior experience in clinical interviewing, individual and group psychotherapy, and psychological testing. Applicants should demonstrate an interest in working with individuals with severe and persistent mental illness from ethnically and culturally diverse backgrounds. Bilingual students are strongly encouraged to apply.

Application Process:

Please note, we abide by the guidelines set forth by Psychology Directors of New York State and New York New Jersey Association of Directors of Training. Applications for the 2020-2021 training year will be accepted starting on January 13, 2020 through January 31, 2020.

To apply, please upload the following materials to the APA externship portal:

- Cover letter
- Curriculum vitae
- Two (2) to *three (3)* letters of recommendation: one must be from an academic source and one must be from a professional or clinical supervisor
- Writing sample: a redacted case summary and/or a redacted test report
- Letter of readiness from your Director of Clinical Training (DCT); please include your DCT's email address

*Third letter of recommendation may be emailed to Kim Arrington, Psy.D., at: karrington@ghvhs.org

Interviews:

Qualified applicants will be invited to interview at Orange Regional Medical Center. Applicants will meet with members of the psychology service for a series of individual interviews, followed by a group tour of the facility led by current externs. Applicants will be notified of the status of their applications to the externship program.

General information about externship site:

Director(s) of the Program: Dr. Kim Arrington

Website: ormc.org

Length of externship (in months): 10-12 months

Start Date: August 2020 (flexible)

End Date: August 2021 (flexible)

How many hours a week are expected of extern?: 16-20 hours per week, over 2-3 days (flexibility in scheduling). However, Thursdays are required.

Specialty tracks: see above

of externs to be accepted for 2020-21: Two (2)

Minimum level of readiness (any prior experiences or level of training required for applicants):

Entering at least third year of training

Preferences: Preference will be given to those entering their fourth year of training

Do you provide a stipend? No

Interviews:

When do you expect to begin interviews?: Upon receipt of applications

Interview process: Please see interview section above

What application materials are required?: Please see application process above

Intervention and Assessment:

Intervention training experiences: Group psychotherapy; individual psychotherapy; consultation/Liaison; crisis intervention; psychoeducation

Estimate average number of individual patients that students will carry: 2-3 individuals per week

Estimate number of groups: Externs will run cognitive-behavioral therapy (CBT) skills groups on their assigned units

Assessment training experiences commonly offered: Psychological assessment; assessment report writing; brief neuropsychological testing; diagnostic interviewing/evaluation

Expected number of full assessment batteries completed during externship (defined as administration of a battery of standardized tests): Approximately 2-4 full batteries (based upon training goals)

Estimate number of integrated assessment reports per year: Approximately 2-4 (based upon training goals)

If offering Rorschach, which scoring systems used: Exner

Supervision:

Estimate hours/week of individual supervision: 1 hour per week

Estimated hours/week of group supervision: 1 hour per week

Estimated hour/week of didactics: approximately 3-4 hours (varies by elected schedule)

Estimated co-therapy hours/week with supervisors: 1-2 hours (varies upon elected schedule)

Context of didactics: Hospital-wide grand rounds; clinical psychology didactic seminars; journal club; clinical case conferences; community lectures, etc.

Estimated informal open door "curbside" supervision: Encouraged, as needed

Describe direct supervision: Face-to-face, individual supervision (case discussion, clinical/professional development, review of progress notes and assessment reports); live, in-vivo observation of clinical activities; co-leading psychotherapy; group supervision

Specify if observation occurs during intervention, assessment, consultation (audio, video, live in person (in treatment room, one-way mirror, live video stream)): Live, in-session observation may occur during individual intervention, group psychotherapy, consultation, and/or assessment procedures

Support:

If you have only one extern, would you be to have extern participate in peer support consortium with other sites: Yes

Is the agency readily accessible through public transportation?: Yes

Wheelchair accessible: Yes

Are home visits required as part of trainee's duties?: No

Is a transportation stipend provided?: No