

Columbia University Irving Medical Center – Day Treatment Adult Psychology Externship

Site Description

This externship is located within the Faculty Practice Organization at Columbia University Irving Medical Center (CUIMC) in Midtown Manhattan. The Columbia Day Program serves adults 18 and older in an intensive outpatient setting. The externship provides clinical training in diagnostic assessment, group psychotherapy, and individual psychotherapy utilizing empirically supported treatments for anxiety, obsessive compulsive, eating, mood, substance use, and personality disorders.

Externship Experience

All externs will see patients in the Faculty Practice Organization, conducting intake evaluations/diagnostic assessments of patients presenting with a wide range of psychiatric disorders and psychological distress. Externs will participate in weekly multidisciplinary team meetings, where they will have opportunities to present cases of patient's they evaluated and participate in treatment planning.

Additionally, externs will co-lead multiple evidence-based psychotherapy groups with a staff therapist including Dialectical Behavior Therapy (DBT) groups, Acceptance and Commitment Therapy (ACT) groups, and Cognitive Behavioral Therapy (CBT) groups focused on depression, anxiety, obsessive compulsive disorders, eating disorders, and substance use. Externs in the DBT program would also participate in comprehensive weekly DBT consultation team meetings with other full time staff. Externs may have the option to co-lead process, behavioral parent training, or multifamily groups.

In addition to conducting diagnostic assessments and running multiple groups, externs will have the opportunity to carry a caseload of two individual adult therapy cases.

Supervision, Seminars and Meetings

Externs will participate in weekly interdisciplinary clinical meetings, where they will learn interviewing techniques, how to generate differential diagnoses, and formulate and present clinical case presentations. Didactic instruction will be provided on selected issues in psychiatry and psychology such as group psychotherapy, crisis intervention, safety planning, DSM diagnoses, various trauma treatments, motivational interviewing, confidentiality, psychopharmacology, current research issues, and charting and maintenance of psychiatric records. Didactics are provided as part of clinic meetings, in once weekly Grand Rounds presentations, and in once monthly trainee didactic seminars. Externs will participate in at least 3 psychotherapy groups weekly, one diagnostic evaluation, two individual therapy cases, averaging 10 hours per week of direct patient care. Supervision is provided directly by licensed clinical psychologists and the Clinical Director of the Program will oversee the training. Externs are provided with two hours of weekly clinical supervision.

Requirements

This is a one-year externship from July 1 to June 30, with a weekly maximum of 18 hours, Monday through Friday. Externs may come in for two full days, from 9am to 6pm, or break it up over three days. Applicants must be currently enrolled in at least their second year in an APA-accredited doctoral program in clinical, counseling, or school-clinical psychology, however given the number of hours required for this externship, it is strongly preferred that students are in their third or fourth year at the time they begin their externship. Ideal applicants will have experience, familiarity and comfort working with high-risk patients, as well experience in group psychotherapy and Cognitive Behavioral Therapy.