

DOCTORAL CLINICAL PSYCHOLOGY EXTERNSHIP PROGRAM



**Pilgrim
Psychiatric Center**

A Facility of New York State Office of Mental Health

998 Crooked Hill Rd. | Brentwood, NY 11717

Welcome

Our Facility

Pilgrim Psychiatric Center is a comprehensive network of inpatient and community mental health services and serves 2,000 adult patients a year in its programs. The inpatient facility is located in West Brentwood, NY. Community Services programs are located throughout Nassau and Suffolk Counties.

Pilgrim (PPC) is fully accredited with commendation by The Joint Commission (TJC). Its outpatient programs are certified by the New York State Office of Mental Health. Community Services programs serve community residents (including discharged patients) in need of mental health services. A full continuum of services is provided to outpatients, and psychologists provide treatment in the clinics and continuing day treatment programs. PPC's programs serve as training sites for students from a variety of disciplines, with seasoned professionals on staff providing clinical supervision.

Pilgrim Psychiatric Center's inpatient psychiatric hospital (where externs are placed) services approximately 260 seriously mentally ill patients, both civil and forensic. We offer a friendly multi-cultural community environment that values treatment and recovery.

Our Psychology Externship program offers ample opportunities for group therapy, individual therapy, behavior modification, multi-sensory therapy, assessment, and didactic learning opportunities. Our psychologists work from a variety of theoretical orientations and will supervise you in providing evidence based treatments with skill and cultural sensitivity.

We are located in Suffolk County in the heart of Long Island, close to the Long Island Expressway and the Sagtikos Parkway. We have ample free parking and are an hour away from New York City by train.

Our Patients

Pilgrim Psychiatric Center serves a wide spectrum of seriously mentally ill patients.

- **Common diagnoses:** Schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, polydipsia, antisocial and borderline personality disorders, posttraumatic stress disorders, neurocognitive disorders, and substance use disorders. Our patients vary in acuity with some being highly symptomatic and others more stable.
- **Behavioral issues:** Our patients exhibit a variety of challenging behaviors that become targets for treatment. These include aggression, self-injury, sexually inappropriate behavior, polydipsia, and adaptive functioning deficits.
- **Civil patients:** both voluntary and involuntary.
- **Forensic patients:** direct admissions from jail, CPL 330.20 (patients who took a plea of NGRJ after committing a crime and are receiving treatment rather than incarceration).
- **Multicultural:** Our patients come from diverse racial/ethnic backgrounds, gender identities, and sexual orientations.
- **Length of stay:** Our goal is to discharge patients from admissions units within 180 days. Patients who have more severe symptoms, remain a danger to themselves or others, and/or are on CPL 330.20 status receive treatment for longer periods of time, in some cases, several years.

Clinical Experiences

Externs have opportunities to participate in a variety of clinical experiences throughout the externship.

- **Unit assignments:** Externs can be assigned to work an admissions unit or a longer-term rehabilitation unit. Externs are part of a multidisciplinary team, including psychiatrists, nurses, psychologists, psychology interns, social workers, recreation therapists, rehabilitation therapists, dietitians, peer specialists, and therapy aides.
- **Group therapy:** Groups are provided in a Treatment and Learning Center where you will work with patients both from your units and from other units. Groups are often psychoeducational in nature, with group material and discussions centered on a topic and presented with the aid of discussions, handouts, role plays, and activities. You may have the opportunity to lead or co-lead general therapy groups (e.g., Symptom Management) and specialty groups, including Dialectical Behavior Therapy (DBT), Dialectical Behavior Therapy for Substance Abuse (DBT-S), Radically Open DBT, Acceptance and Commitment Therapy (ACT), Recovery-Oriented Cognitive Therapy (CTR), Men's/Women's Trauma, Affirmative Therapy (for LGBTQ clients), substance abuse recovery, and CHAP (Civilian Hospital Adjustment Program).
- **Individual therapy:** Externs may have an opportunity to work with 1 to 3 cases at any one time using various evidenced-based modalities and theoretical orientations.
- **Intakes:** You may have the opportunity to participate in psychology intake assessments for patients entering our facility if you are assigned to an Admissions Unit.
- **Multi-sensory therapeutic environment (MSTE):** In many cases, emotional dysregulation is accompanied by sensory dysregulation. To better address patients' sensory issues, therapy is sometimes conducted in our MSTE room where the sensory environment can be adjusted to meet patients' needs. Patients are also helped to expand their tolerance for greater or lesser amounts of stimulation.
- **Behavior interventions:** Opportunities to design and implement behavior plans and contracts to facilitate change.
- **Assessments:** Cognitive, personality (objective and projective), violence, suicide, and sexual risk assessments.

Didactics

To best promote the furthering of current knowledge about psychiatric disorders and evidenced-based practices, externs may have the opportunity to participate in didactic activities including:

- Your initial orientation includes training in Preventing and Managing Crisis Situations (PMCS), Mental Health Automated Record System (MHARS), Health Insurance Portability and Accountability Act (HIPAA), and Sexual Harassment Prevention.
- Periodic **grand rounds, workshops, seminars, and guest speakers.**
- We offer ongoing recommendations for **online seminars, web-based training modules, videos, journal articles, and books** to enhance your learning.
- **Internet access** is available at the externs' individual workstations, and our department subscribes to various psychology journals.
- Available community resources include **university library facilities** at the State University of New York at Stony Brook, Hofstra University and Adelphi University.
- Externs are encouraged to apply for New York State **online library cards.** This database grants free access to numerous journals and articles related to the field of clinical psychology.

A Practitioner-Scholar Model

Our externship adheres to the practitioner-scholar model, which emphasizes the development of scholarship across a number of theoretical and applied domains, as well as competence in a range of skills necessary for autonomous clinical practice. This model assumes the interdependence of scholarship and practice, such that clinical work follows from scholarship and rigorous critical thinking, and scholarly and research initiatives flow from an appreciation of the depth and breadth of clinical phenomena. This blend of science and practice is consistent with our training philosophy and best utilizes the diverse expertise of our training faculty.

Supervision

Our supervisors are licensed psychologists who are dedicated professionals that will guide you through your externship year. They work from a variety of integrative theoretical orientations (e.g., cognitive-behavioral, psychodynamic, interpersonal) and train externs in evidenced-based practices (e.g., DBT, ACT). Guidance is provided through direct modeling and both formal and informal supervision sessions. Ample supervision is provided to assist in your professional development.

- **Individual supervision:** one hour per week with each of your unit supervisors.
- **DBT supervision:** If you take part in our DBT program, you will be required to participate in one hour of DBT supervision per week.
- **Informal supervision:** Ongoing supervision is also available through phone calls, emails, and unscheduled conversations.
- **Peer supervision:** You may have the opportunity to receive supplementary supervision from one of the psychology interns.

Evaluation of Externs

To help externs track their progress toward developing the 9 profession-wide competencies, supervisors offer ongoing formal and informal evaluations.

- **Quarterly evaluations:** Supervisors fill out written evaluations every three months to describe externs' performance. Evaluations are reviewed with externs to facilitate growth and discuss area of further improvement. Written evaluations are reviewed by the Director of Externship Training and reports are forwarded to the Externs' University Training Directors semi-annually.
- **Competency evaluations:** The Psychology Department assesses the competency of all clinicians in several categories.
- **Program evaluation:** Externs are given the opportunity to engage in program evaluation by filling out rating forms about their training experiences at Pilgrim Psychiatric Center semi-annually.

Grievance Policy

Pilgrim Psychiatric Center's Psychology Externship program has a formal policy to address any grievances that externs may have that cannot be addressed through supervision. In addition, the Chief of Psychology and Director of Externship Training are always available to discuss areas of concern with the externs.

The Psychology Training Committee

The Psychology Training Committee establishes policies and procedures for the Externship Program. This includes coordinating the application and selection process, planning the orientation phase of the externship, and preparing the extern's program and assignments. Should any problems arise for the extern, the Training Committee ensures that the extern will receive support and assistance in resolving the problem.

The members of the Training Committee include the Chief of Psychology, the Director of Internship Training, and the Director of Externship Training. Other licensed staff psychologists may also sit on the committee as needed and when interests dictate.

Join Us!

Experience and qualifications

Pilgrim is seeking 3rd or 4th year students enrolled in an APA-accredited doctoral program in clinical psychology who are interested in attending a full-year 16-hour per week externship. (No summer externships are being offered.) Your program's university must have a Memorandum of Understanding with Pilgrim Psychiatric Center.

How to Apply

- Letter of interest
- 2 letters of recommendation
- Letter from your school stating that you are in good academic standing
- Official transcript
- Curriculum vitae
- One clinical write-up (e.g., test report, case report) with all identifying information redacted

Mail or email application to:

Jennifer May, Ph.D.
Director of Externship Training
Building 81
Pilgrim Psychiatric Center
998 Crooked Hill Road
West Brentwood, NY 11717-1087
jennifer.may2@omh.ny.gov

If you have questions about the externship at Pilgrim Psychiatric Center, please contact Dr. May at either of the addresses above, or by phone at 631-761-3275.

Interviews

After applications are reviewed, qualified applicants will be contacted to schedule a personal interview at our facility.

1. Tour of facility and explanation of program goals and expectations with the Director of Externship Training and/or a Supervising Psychologist.
2. Interview with the Director of Externship Training and/or a Supervising Psychologist with a standard set of questions asked of every applicant.

Selection

As a member of APPIC, Pilgrim Psychiatric Center follows APPIC guidelines and procedures in the selection of externs using the match process.

