

# FRIENDS HOSPITAL

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## **Friends Hospital Psychology Externship Program**

Updated 12/1/2016

### **I. Introduction**

#### **A. About Friends Hospital**

Friends Hospital, founded in 1813, was the first private psychiatric hospital in the United States. Friends Hospital was originally modeled after The Retreat, a Quaker asylum founded in York, England during the 18th century. The hospital is located in Northeast Philadelphia on a beautiful 100-acre campus.

Today, Friends Hospital provides recovery-oriented inpatient behavioral health services for a diverse population of individuals from the Philadelphia area. The hospital has a 192-bed capacity with several specialty programs, including recovery-oriented treatment units, an older adult unit, an adolescent unit with an integrated educational program, and an intensive adult unit for patients with acute mental health symptoms requiring a higher degree of supervision and support. Our Crisis Response Center (CRC) is a fully-functional psychiatric ER which evaluates and triages both walk-in and involuntary admissions. Mental health court also takes place on Friends Hospital grounds.

Friends Hospital utilizes a multidisciplinary approach, integrating professionals from psychiatry, psychology, nursing, social work, expressive arts, the chaplaincy, and peer specialists. Treatment teams employ a recovery-oriented and empirically-supported approach to patient care.

#### **B. Training at Friends Hospital**

In addition to our psychology externship, Friends Hospital serves as a training site for psychology interns and postdoctoral fellows, psychiatric residents, medical and nursing students, social work interns, marriage and family therapy students, and expressive art therapy students. The Drexel University College of Medicine's Department of Psychiatry is housed on the Friends Hospital campus and has a clinical partnership with Friends Hospital. A wide variety of educational seminars, workshops, case conferences, and continuing education activities are available to all students in residence, as well as the larger hospital community.

## **C. Clinical Psychology Externship**

Friends Hospital's Externship in Clinical Psychology provides an opportunity for pre-internship doctoral candidates in clinical or counseling psychology to work under close supervision in a professional setting that is committed to the principles of recovery-oriented care and empirically-supported treatments. The externship program employs a Practitioner-Scholar model of training and is grounded in cognitive and behavioral approaches to therapy, including integrated care interventions. The program provides exposure to a broad range of clinical experiences, roles, and responsibilities, and encourages professional development through clinical experience, supervision, and didactic training. Cultural competence and ethical decision-making is emphasized. The externship offers clinical training experiences in primarily group therapy, with brief consultative individual therapy/ crisis intervention/ milieu therapy experiences.

## **D. Externship Training Goals**

Goal 1: To produce trainees with growing competence in theories and methods of effective, empirically-supported psychotherapeutic intervention.

Goal 2: To produce trainees who understand and appreciate the importance of scholarly inquiry in the profession of psychology.

Goal 3: To produce trainees who are developing consultation skills and who are growing in the role of a clinician as part of a multidisciplinary team.

Goal 4: To produce trainees with growing competence in professional conduct, professional ethics, and an understanding of relevant mental health law through continued professional development and appropriate use of supervision.

Goal 5: To produce trainees with growing competence in individual and cultural diversity as they relate to practice in a diverse society.

# **II. Overview of the Externship**

## **A. Program Components**

The externship position is available for pre-internship, doctoral psychology graduate students in their third or fourth year of training. The externship offers group therapy, individual therapy, crisis intervention, milieu therapy at Friends Hospital. A minimum of 16 hours per week is required. A twelve-month commitment is required.

Psychology therapy externs will be assigned to a unit (preferences will be taken into consideration for specialty interests), as well as an intern/ postdoctoral fellow mentor. Externs are expected to run 4 groups per week, with approximately 12 individuals in each group or co-lead a larger, full unit group with another clinician. Externs will be expected to conduct 1-3 brief individual therapy sessions per week.

Friends Hospital seeks to produce trainees who utilize scholarly inquiry to inform clinical practice and who are competent both professionally and clinically, allowing them to deliver

treatment that is recovery oriented and trauma-informed. It is also the goal of the externship to train students to become psychologists who are capable of taking on clinical leadership roles in the behavioral healthcare field.

Below is a list of the current major rotations (i.e. the inpatient units) at Friends Hospital. The composition of individual units including the patient population, diagnostic groups served, and programming implemented on the unit changes from time to time as Friends Hospital works to meet the changing needs of the individuals it serves and the surrounding community. Additionally, the hospital offers observation/ minor clinical experiences in the Crisis Response Center, a psychiatric emergency room, and Greystone/ Hillside, a residential facility for the seriously mentally ill conducting individual and group therapy services. There are also opportunities to observe mental health court, which occurs on site.

### **General Adult Programs**

The General Adult units are 24 bed units that serve individuals with acute psychiatric issues over the age of 18. Individuals on our general adult units typically struggle with a wide range of diagnostic issues, such as mood disorders, anxiety disorders, psychotic disorders, and Axis II pathology. Many also have comorbid substance use disorders. General Adult programs utilize a recovery-oriented and trauma informed care framework, and interns implement empirically-supported interventions in individual and group modalities. The General Adult units expose individuals to a psychosocial milieu in which individual treatment, socialization, and group process are emphasized. Interns function as full members of the multidisciplinary team and conduct group and individual therapy under the supervision of a licensed psychologist. Interns are encouraged to take on the role of clinical leaders on their teams, and provide consultation to other professionals (e.g., psychiatrists, social worker, nurses) on difficult cases and behavior-management issues. Charting and record keeping account for approximately 1-2 hours daily and high-quality documentation is expected.

### **Older Adult Program**

The Older Adult unit is a 24 bed unit that serves individuals generally aged 55 and older who are coping with mood and anxiety disorders, dementia, psychotic disorders, as well as medical, neurological, and social issues commonly associated with aging. Common concerns of patients on this unit include loss of loved ones, declining physical health, and giving up independence. The extern provides group and individual therapy under the supervision of a licensed psychologist utilizing empirically-supported interventions to attempt to instill a sense of competence and self-efficacy and encourage patients to take an active role in their recovery and emotional well-being. Social interaction is encouraged to reduce isolation. The extern on the Older Adult unit attends the treatment team meeting and case conferences for individuals on the unit as needed. Charting and record keeping account for approximately 2 hours daily and high-quality documentation is expected.

## **Recovery Program**

The Recovery Unit is a 24 bed unit that fully incorporates the recovery-oriented treatment model and is the first inpatient unit of its kind. The Recovery Unit, the first of its kind in Philadelphia, opened at Friends Hospital in January of 2010 with the purpose of enhancing the experience of inpatient care and instilling hope of recovery from mental illness and dual diagnosis, and to lead a personally meaningful life. The program focuses on empowering the individual to be the driving force of his or her treatment, and identifying and involving family, friends, and other social and community supports into each person's care. Treatment is individualized, person-centered, strengths-based, and holistic. Within the recovery unit and all units at Friends Hospital, the patient's voice is an active and consistent participant in the treatment and planning process. The extern provides empirically-supported individual and group psychotherapy on the unit within a recovery-oriented framework, and in collaboration with other treatment providers. The extern attends treatment team meetings. Groups incorporate a number of themes, including physical health, exercise and yoga, nutrition, spirituality, relaxation, medication, mental health, and substance use. A focus of each person's treatment is the development of a Wellness Recovery Action Plan to guide the persons' recovery during and after the hospitalization. Upon discharge each individual leaves the unit with a discharge plan that includes not only therapy and medication follow-up appointments, but also resources in the community that link the individual with their specific needs, which can include their areas of interest, spirituality, health and wellness, educational and occupational resources, financial resources, etc. Charting and record keeping account for approximately 1-2 hours daily and high-quality documentation is expected.

## **Adolescent Program**

The adolescent unit is a 24 bed therapeutic milieu for adolescents aged 13-17 who are coping with a variety of psychiatric and behavioral difficulties. The milieu is designed to address the developmental tasks of adolescence while promoting growth and healthy functioning. The unit functions according to a trauma-informed model based on the premise that the young person will recreate on the unit the unhealthy relationships and behaviors experienced prior to hospitalization. This provides the opportunity to collaboratively develop new solutions and promote positive change. Much of this work is done in daily group and individual therapy sessions, as well as behavior plans and community meetings. Other treatment services integral to the program include creative arts and movement therapy, and the unit maintains an integrated education program to provide structure and continuity, and help keep patients up to date with their studies. Externs function as an integral part of a multidisciplinary treatment team and attend treatment team meetings. Due to the nature of the unit, some longer-term cases can be expected. Charting and record keeping account for approximately 1-2 hours daily and high-quality documentation is expected.

## **Intensive Adult Program**

The Intensive Adult unit is designed for individuals diagnosed with severe and persistent psychiatric disabilities, as well as individuals who present with a higher level of acuity.

An additional level of support and supervision are provided in order to ensure safety and facilitate participation in treatment activities. The extern on this unit has the opportunity to provide group and individual therapy to a population that requires an intensive treatment program. Examples of group topics include social skills training, DBT-based emotion regulation, anger management, self-care, and relapse prevention. Externs function as members of a multidisciplinary team and attend treatment team meetings. The extern will have an opportunity to provide individual therapy as assigned by the psychology intern. The intern and extern on the Intensive Adult unit are frequently involved in consulting with the treatment team for treatment and discharge planning, behavior management, and individualization of the person's treatment. Charting and record keeping account for approximately 1-2 hours daily and high-quality documentation is expected.

## **B. Core Activities and Time Commitments**

Externs will need to be on-site for a minimum of 16 hours per week to meet the hour requirement of 800 hours for completion of the training year. During an average day, externs spend a large portion of their time on their assigned inpatient unit of the hospital working with a multidisciplinary team to provide patient care. However, they will be expected to conduct group therapy on units throughout the hospital.

### **1. Clinical Experience**

Throughout the training year, externs are involved in a variety of core training activities, such as intervention, consultation, psychological assessment, crisis assessment and intervention, and triage. Externs may have exposure to our Crisis Response Center (a psychiatric ER) as well as Greystone, a residential facility on grounds for the seriously mentally ill, and mental health court.

### **2. Supervision**

Externs receive one hour of individual supervision from a licensed psychologist every week. Externs also obtain a half hour of consultation with an assigned intern/postdoctoral fellow mentor each week and group supervision every other week (if the extern chooses to be on site the day of the week group supervision is offered). Group supervision is held for one hour every other week, and focuses on a variety of topics, including the externs' clinical work on the units and other areas of clinical and professional development (e.g., ethics, professional identity, internship preparation). Pertinent readings on the topics of clinical interventions, supervisory models, professional development, and ethical/legal issues are provided as applicable.

### **3. Didactic Training**

Externs attend unit treatment team meetings on the days they are present. Additionally,

monthly didactic seminars are conducted for interns (which available externs are expected to attend), that cover a wide range of clinical, ethical/legal, assessment, and professional development issues. Seminars may feature expert guest lecturers and moderators from a variety of disciplines throughout the hospital, as well as outside organizations. Externs have the opportunity to attend other hospital-wide seminars, including Drexel Medical School's grand rounds, case conferences, and continuing education opportunities.

### **C. Evaluations**

The externship program at Friends Hospital will provide a formal written evaluation as provided by the student's school (typically on a quarterly basis). If the school does not provide an evaluation format, the student will be provided one. When a student has more than one supervisor, the evaluation is determined by consensus and a composite evaluation is written.

**If any concerns regarding an extern's clinical performance or professional behavior arise, the primary supervisor will personally meet with the extern and attempt to resolve the problem. In the event that this first level of intervention is unsuccessful, or in serious cases, the Training Director and/ or the Director of Human Resources will intervene and, if indicated, will contact the extern's graduate program director, director of clinical training, and/ or faculty advisor.**

## **III. Application Procedure**

### **A. Eligibility**

The externship is open to qualified students who are enrolled in a clinical psychology (preferred) or counseling psychology doctoral program; preference will be given to those from an APA-accredited program. Evidence of supervised training and course work in empirically-supported principles of treatment, group and individual interventions, psychopathology and differential diagnosis, cultural diversity and individual difference, professional ethics, research and statistical methods, and psychological assessment techniques is required. Highly qualified candidates usually have prior inpatient experience, group therapy experience, a focus on empirically-supported interventions, assessment experience, and exposure to recovery-oriented treatment environments. Candidates must have earned a Master's Degree in the field or a related field in order to be considered for externship.

### **B. Application Materials**

Applications are accepted from December 15<sup>th</sup> through January 17<sup>th</sup>, but only completed applications will be reviewed. Interviews will be conducted until the end of February and offers will be made via email on March 6<sup>th</sup>. Externs will begin their practicum experience at Friends Hospital in mid-June in order to maintain continuity of care for the patients.

Applications must include the following:

- A cover letter indicating the applicant's specific interest in Friends Hospital, the externship experience sought, end date desired, and hours/ days preferred. Please briefly mention how your education and experience has prepared you for what you would like to achieve as an extern at Friends Hospital. Provide the **name and contact information for the training advisor/ clinical director of your program**. (It is the responsibility of the student to ensure that the externship offered at Friends meets the requirements of his/her graduate program for supervision and evaluation).
- An up-to-date curriculum vitae.
- A current, official transcript from your graduate program.
- Two letters of recommendation: one must be from a faculty member and/or graduate program director and one must be from a professional reference/ supervisor.

Please submit applications to:

Petra Kottsieper, MEd PhD  
Interim Director of Psychology  
Friends Hospital  
4641 Roosevelt Boulevard  
Philadelphia, PA 19124-2399  
(215) 831-5380  
[Petra.kottsieper@uhsinc.com](mailto:Petra.kottsieper@uhsinc.com)

## C. Interviews

Qualified applicants will be invited to interview at Friends Hospital. Applicants will be notified of their status of acceptance to the program via email or phone.

## D. Externship Offer

Formal acceptance as an extern is contingent upon the following:

- Mutual agreement upon and documented end date, specific hours and days of attendance
- Documented training and supervision agreement
- Completion of Human Resources database, including emergency contact information
- A signed and dated Friends Hospital Confidentiality Statement
- Satisfactory provision of on original State of Pennsylvania **1) Child Abuse Clearance and 2) Criminal Background Check**. These are required for all personnel having contact with patients and/ or confidential records. The state charges a nominal fee for

these clearances. Out-of-state residents are required to obtain fingerprinting criminal clearance through the local state police precinct at their primary residence. Please note that this may take up to 90 days for all non-PA residents. (After a formal offer for externship is made and accepted, please contact Sally Dylinski at (215)831-4057 for information about obtaining these forms.)

- Current liability insurance certificate form the applicant's graduate program/ institution or an outside insurance underwriter (e.g. APA student insurance) verifying the student named is covered by malpractice insurance.
- A medical clearance (fit for duty) form signed by your personal physician or a copy of a recent school physical.
- TB testing and confirmation of TST test results.
- An affiliation agreement with your training program and Friends Hospital.

For further program information, please contact:

Sally A. Dylinski  
Administrative Assistant  
Friends Hospital  
4641 Roosevelt Boulevard  
Philadelphia, PA 19124-2399  
Phone: (215)831-4057  
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