



4641 Roosevelt Boulevard  
Philadelphia, PA 19124-2399  
215-831-4600  
[www.friendshospital.com](http://www.friendshospital.com)

## **Friends Hospital Psychology Externship Program**

Updated 12/12/17

### **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 may be able to offer observation/ minor clinical experiences in the Crisis Response Center, a psychiatric emergency room, and Greystone/ Hillside, a residential facility for individuals with serious mental illnesses conducting individual therapy services. There are also opportunities to observe mental health court, which occurs on site.

### **General Adult Programs**

The General Adult units are 24-26 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. Externs function as members of the multidisciplinary team and conduct group and individual therapy under the supervision of a licensed psychologist and the peer mentorship of an intern/post-doctoral fellow. Externs function as an integral part of a multidisciplinary treatment team and attend treatment team meetings. Charting and record keeping account for approximately 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.

## **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 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 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, crisis assessment and intervention, and triage. Externs have the opportunity to give psychological screening assessments. Upon special request/arrangement/availability 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 from a licensed psychologist every week. Externs also obtain a half hour of consultation with an assigned intern 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).

## **3. Didactic Training**

Externs attend unit treatment team meetings on the days they are present. Psychology department didactic seminars, hospital-wide grand rounds and continuing education programs, are also available for the extern to attend when their schedule permits (if they choose to be on site the days didactics are offered). Due to the structure of the didactic training schedule, externs are encouraged to develop their schedule to attend at least one didactic per week to allow for the greatest training experience while at Friends Hospital.

## **C. Primary Clinical Rotation**

Externs complete a year-long clinical experience on one assigned unit, with opportunities to run groups and provide individual therapy on other units. Externs will spend the majority of their clinical hours leading group therapy on their assigned units, under the supervision of a licensed clinical psychologist. Externs may also have individual sessions with clients, as assigned by the intern/post-doctoral fellow on their unit. Externs will also attend treatment team meetings and provide input to the team regarding individuals' response to therapeutic interventions and case conceptualizations.

## **D. Educational and Training Resources**

Clinical supervision is an integral part of the clinical training experience: individual and group supervision for psychotherapy and consultation is provided by the psychology department faculty. Externs receive at minimum one hour per week of individual supervision by a licensed psychologist. 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. Additionally, bi-monthly 4-hour didactic seminars are conducted for interns (which available externs can choose 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.

### **E. Evaluations**

The externship program at Friends Hospital will provide a formal written evaluation at the mid-point and end of training (or evaluations as required by the extern's program). 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, a focus on empirically-supported interventions 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**

Friends Hospital follows the Uniform Time Line for Practicum Applications for the Greater Philadelphia Area Clinical Graduate Programs and Practicum Sites. Graduate students may submit applications for clinical practica only *after* December 15<sup>th</sup>. All applications are *due* by the Tuesday after Martin Luther King Day, which will typically be the third week of January (January 16<sup>th</sup> in 2018). Only completed applications will be reviewed.

**Externs will begin their practicum experience at Friends Hospital typically between June 1<sup>st</sup> to 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, start date and 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:

Peter Vernig, PhD.  
Chief Clinical and Innovation Officer  
Friends Hospital  
4641 Roosevelt Boulevard  
Philadelphia, PA 19124-2399  
(215)831-4771  
[Peter.Vernig@uhsinc.com](mailto:Peter.Vernig@uhsinc.com)

### **C. Interviews**

Qualified applicants will be invited to interview at Friends Hospital. We will interview students between Monday, January 22<sup>nd</sup> and Friday February 23<sup>rd</sup>.

### **D. Externship Offer**

Starting on Monday of the following week (February 26<sup>th</sup> in 2018) practicum sites will send out their first round of emails to every candidate (cc'ing the candidates' DCTs) at approximately 9 am. Every candidate who has been interviewed will hear either "Yes" (an offer), "No" (a rejection), or "You are still under consideration" (on the waitlist).

Formal acceptance as an extern at Friends Hospital is always contingent on the completion on an Affiliation Agreement between Friends Hospital and your School as well as satisfaction of the following requirements.

### **E. REQUIREMENTS prior to your start date:**

All requirements must be completed no earlier than 6 months prior to your start date.

- Mutual agreement upon and documented end date, specific hours and days of attendance

1) **Child Abuse Clearance** (<https://www.compass.state.pa.us/cwis/public/home>) satisfactory provision of an original "State of Pennsylvania"

2) **Criminal Background Check** (<https://epatch.state.pa.us/Home.jsp>)

(These are required of all personnel having contact with patients and/or confidential records.)

3) **FBI Fingerprinting** (original documentation must be turned in)- please complete sheet that will be mailed to you and send to Sally Dylinski. She will process and send a receipt for you to take to the fingerprinting location. The original clearance must be turned into Friends Hospital.

- MD Fit For Duty Form, or a recent school physical examination
- PPD/TST (Tuberculin Skin Test) results
- Documentation of Flu vaccine or a declination explanation
- Completion of Human Resource emergency contact information **(to be completed at your appointment with Sally Dylinski)**
- A signed and dated Friends Hospital Confidentiality Statement **(signed during your appointment with Sally Dylinski)**
- Child Abuse Disclosure Training. Please visit <http://www.reportabusepa.pitt.edu/> for a free training on mandated child abuse reporting. **We will require a copy of completion of this training.**
- Please complete the Trauma-focused CBT training that is also free at <http://tfcbt.musc.edu/>. **We will require a copy of completion of this training.**
  - All documentation must be presented to Sally Dylinski before you will be scheduled in an orientation class.
  - You must attend Hospital orientation prior to your start date.

Current insurance certificate from the extern's academic program/institution or an outside insurance underwriter (e.g. APA student insurance - apply - Student Liability Insurance <http://www.apait.org/apait/products/studentliability/> or 1-800-477-1200) verifying the student named is covered by malpractice insurance. (You must have this insurance before you can start - approximately \$35./yr and you must be a student APA member). This will be arranged between your school and our corporate office.

**Please do not mail any documentation.** Once all proper documentation has been obtained, please call or email Sally A. Dylinski to schedule an appointment to deliver the paperwork.



For further program information, please contact:

Sally A. Dylinski  
Administrative Assistant  
Friends Hospital  
4641 Roosevelt Boulevard  
Philadelphia, PA 19124-2399  
Phone: (215)831-4057  
Fax: (215)831-4531

**F. Requirements following your start date:**

- Documented training and supervision agreement (to be completed, along with your training goals with your supervisor, during your first week.).