

FRIENDS HOSPITAL

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Friends Hospital Psychology Externship Program

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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 that evaluates and triages both walk-in and involuntary admissions.

Friends Hospital utilizes a multidisciplinary approach, integrating professionals from psychiatry, psychology, nursing, social work, expressive arts, and the chaplaincy. Treatment teams employ a patient centric, 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, psychiatric residents, medical and nursing students, social work interns, marriage and family therapy students, expressive art therapy students, and clinical pastoral education students. 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.

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 a therapy emphasis or a testing emphasis, although all externs will have exposure to both testing and therapy work at Friends Hospital. A minimum of 16 hours per week is required. A twelve-month commitment is preferred, however, slightly shorter time commitments may be considered on a case by case basis.

Friends Hospital seeks to produce graduates 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.

Overview

Clinical psychology externs participate as members of interdisciplinary treatment teams, attending treatment team meetings and case conferences. Externs are supervised and given direction by a licensed clinical psychologist in all aspects of their clinical experiences. The extern functions in the role of a consultant to other members of the treatment team. Externs can conduct psychosocial and mental status assessments and brief screenings of other aspects of a patient's cognitive and psychological functioning. Externs co-facilitate with clinical psychology interns or a post-doctoral fellow, evidence-based group and individual interventions. Interventions may include social skills training, DBT-based emotion regulation, anger management, relapse prevention, wellness and recovery action planning, mindfulness, trauma-focused therapy, and emotion-centered problem solving therapy.

In conjunction with psychology services, other treatment services integral to the wards' therapeutic milieu include creative arts, and music and movement therapy.

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.

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 co-morbid substance use disorders. General Adult programs utilize a recovery-oriented and trauma informed care framework, and externs 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.

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.

Young Adult Program

The Young Adult Unit is a 22-bed unit that serves individuals aged 18 to late 20's who are coping with many new obstacles and stressors at a time of great change in their lives. The stressors that the patients confront may result in mood and anxiety disorders, as well as first episode psychotic disorders. Common concerns of patients on this unit include transitioning into adulthood with its myriad of personal and interpersonal adjustments as the individuals become more independent and develop a self-concept of competency and interrelatedness with the adult world. The extern provides group and individual therapy under the supervision of a licensed psychologist utilizing empirically-supported interventions to build adaptive problem solving skills. Patients are encouraged to take an active role in their recovery and holistic wellness. Social interaction is encouraged to reduce isolation. The extern on the Young Adult Unit may assist the clinical staff with supporting the families of the patients in understanding how they may facilitate their child's recovery. The externs also participates in a multidisciplinary treatment team meetings 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. To assist in reinforcing newly acquired adaptive skills, a point system is utilized. 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 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.

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. Patients on this unit typically require an additional level of support and supervision to insure their safety and assist them with participating 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, relapse prevention, wellness and recovery action planning, trauma-focused, and emotion-centered problem solving therapy.

Externs function as members of a multidisciplinary team and attend treatment team meetings. The extern may also carry a caseload of individual patients who need additional support on the unit, 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 patients' treatment.

B. Core Activities and Time Commitments

Externs will need to be on-site for a minimum of 16 hours per week. During an average day, externs spend a large portion of their time on an inpatient unit of the hospital working with a multidisciplinary team to provide patient care.

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 may also work in our Crisis Response Center (a psychiatric ER).

2. Supervision

Externs receive one hour of individual, and one hour of group supervision from licensed psychologists every week. Externs also obtain a half hour of consultation with an assigned intern mentor each week.

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. 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 Rotations

Externs complete two six-month clinical rotations during the training year. 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 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, consultation, and psychological assessment 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 conducted for one hour each 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, two weekly didactic seminars are conducted for interns and available externs that cover a wide range of clinical, ethical/legal, assessment, and professional development issues. Seminars 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 the timeline in which the extern's program requires). When a student has multiple supervisory experiences, evaluation is determined by consensus and a composite evaluation is written. The evaluation will be documented on the extern's program form unless one is not provided.

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, 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 at any time, but only completed applications will be reviewed. Please submit completed applications no later than February 1st. Externs will begin their practicum experience at Friends Hospital in early July 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. The transcript must come from your graduate program and must be sealed and unopened.
- 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.

Applicants will use the PENDELDOT APA Directory (<http://pendeldot.apa.org>) application portal to upload all relevant information. For more information, please see the website.

If any questions, please contact:

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C. Interviews

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

D. Externship Offer

Friends Hospital uses the PENDELDOT standardized timeline and guidelines for interviewing and offering externship positions. Please see their website (<http://www.pendeldot.org/>) for more details.

Formal acceptance and starting the externship 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 an 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. We run and pay for all clearances, including FBI fingerprints, PA Criminal Background check, and Child Abuse Clearance.
- Certificate of completion of the Child Protection Service Law (CPSL) -Act 31 training.
- Current liability insurance certificate from 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.
- PPD Test and Flu Shot: You are required to have a PPD test. If you would like to complete these with Friends Hospital, please contact Employee Health Services at (215) 831-4747 to set up an appointment prior to your start date. If you have already had a PPD completed, results given must be within 30 days of start.
- Two (2) forms of Government issued ID (i.e. SSN Card, Driver's license, Birth certificate, passport etc.).
- Any questions about documentation needed for the externship, please contact the Human Resources Department.

