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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 which 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 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, post-doctoral residents, psychiatric residents, medical and nursing students, social work interns, marriage and family therapy students, expressive art therapy students, and clinical pastoral education students. The Drexel University College of Medicine's Department of Psychiatry has a clinical partnership with Friends Hospital.

#### **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 exposure to both testing and therapy work at Friends Hospital. A minimum of 16 hours (2 full days) 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.

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 live with a wide range of diagnostic issues, such as mood and 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; 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 full members of the multidisciplinary team and conduct group and individual therapy under the supervision of a licensed psychologist. Externs under the guidance of the assigned 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.

### **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. An integral part of active treatment on this unit is the Token Economy (i.e., points), which is managed and maintained by the Department of Psychology. 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, and relapse prevention. 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.

### **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 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.

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.

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

Clinical supervision is an integral part of the clinical training experience. Individual 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 as well as daily contact with pre-doctoral interns. Pertinent readings on the topics of clinical interventions, supervisory models, professional development, and ethical/legal issues are provided as applicable. Additionally, 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.

## **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.

## **F. Time and Attendance**

1. All members of the Department of Psychology – staff, post-doctoral fellow, pre-doctoral interns and externs - are expected to arrive on site by 0830 so as to review the previous day and discuss what clinical or administrative tasks need to be done that day (as treatment team begins at 9). Please contact the Director of Psychology or designated staff if lateness will occur (in excess of 10 minutes)
2. Requests for days off must be placed at least 7 business days in advance except for emergencies, as defined at the discretion of supervisors so coverage can be arranged (i.e., doctor's appointments, getting oil changed in car, etc.)
3. If calling out, please contact The Director of Psychology or designated staff so plans can be made for any coverage problems.
4. It is the responsibility of interns and externs to monitor clinical contact hours so as to meet the requirements of the respective programs.
5. Excessive days off – more than 6 non-emergency days off per 6 months - will be discussed during supervision and with the Director of Clinical training (DCT) of the externs respective program to rectify the attendance problem.

## **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 should have earned or expected to earn within the first 4 months of the externship a Master's Degree in the field or a related field in order to be considered for a placement position.

It is the policy of the Facility to provide equal opportunity in employment to all employees and applicants for employment. No person will be discriminated against in employment on the basis of their race, religion, color, sex, age, national origin, disability, military status, or any other characteristic protected by applicable Federal, State or local law.

## **B. Application Materials**

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.

Externs will begin their practicum experience at Friends Hospital in early 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.

## **C. Interviews**

Qualified applicants will be invited to interview at Friends Hospital either remotely or in-person depending on the status of the pandemic at the time of the application process.

## **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 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.
- 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.
- TB testing and confirmation of TST test results.
- Proof of Covid-19 vaccination.