



## Jewish Board of Family and Children's Services

### EXTERNSHIPS IN PSYCHOLOGY 2010-2011

**\*UPDATED BROCHURE 12/1/09\***

## JEWISH BOARD OF FAMILY AND CHILDREN'S SERVICES

The Jewish Board of Family and Children's Services (JBFCS) has a century-long tradition of providing treatment to individuals experiencing a wide variety of problems from chronic mental illness or severe developmental disabilities to normally functioning people struggling with the ordinary stress of life. JBFCS is a voluntary, not-for-profit mental health and social service agency encompassing over 185 community-based out-patient, day treatment and residential programs serving more than 65,000 individuals yearly, from very young children through senior citizens, reflecting the full diversity of the population of the five boroughs of New York City. The agency is committed to providing equal treatment to all clients, without discrimination based on race, ethnicity, religion, gender, age, sexual orientation, physical handicapping conditions, or HIV status. JBFCS likewise follows nondiscriminatory policies and operating conditions in regard to the recruitment, retention and training of staff and trainees. The agency employs over 2000 staff, including social workers, psychologists, psychiatrists, nurses, teachers as well as a variety of other clinical specialists such as speech therapists, occupational therapists, and art therapists. The externship program exists in a rich interdisciplinary context, with externs enjoying a highly professional and diverse working environment.

JBFCS has a long tradition and commitment to training. The psychology externship program is one piece of the wider training program offered by the agency to social workers and psychologists at various levels of professional development. There is an APA approved internship for doctoral students enrolled in APA approved clinical psychology programs.

**JBFCS offers externship training to graduate students matriculated in doctoral programs in clinical, school or combined clinical-school/child psychology. Externships at JBFCS are appropriate for students who will be in their third or fourth year of graduate study during the training year. Students whose training ends with a Master's Degree or Professional Diploma will not be considered for the externship program.**

Eligible students have completed at least one externship/placement prior to applying to JBFCS. They are expected to have completed course work in cognitive and projective testing and to have had some experience, even if only in a non-clinical setting, in administering a full test battery and preparing a written report. Course work on child development, psychopathology, psychodynamic psychotherapy, and family therapy has generally been part of the externs' graduate school experience, as well as some, often limited, therapeutic work with clients. All applicants must have the approval of their department chairperson or training director.

## **TRAINING SETTINGS**

The large network of JBFCS programs offers many and varied opportunities for training, including carefully supervised individual, family and group psychotherapy, psychodiagnostic assessments, psychoeducational remediation, and school consultation. Externs also participate in interdisciplinary staff conferences, case conferences, and have the opportunity to attend workshops or seminars offered at the placement sites. The practice philosophy of the agency emphasizes a comprehensive view of personality development and psychopathology based on an integrated understanding of individual psychodynamics and family systems. Placements are available for 9-12 externs in various JBFCS programs. These placements may be for two to three days per week, depending on the needs of the externs and the particular facility.

### **CHILD-ADOLESCENT-ADULT OUTPATIENT SERVICES**

**J.W. Beatman Community Counseling Center  
521 West 239<sup>th</sup> Street  
Riverdale, New York 10463**

The J.W. Beatman Center is part of the Madeleine Borg Community Services (MBCS), the agency's network of mental health clinics serving a full age range of individuals and families reflecting the rich diversity of each clinic's local community. The Beatman Center serves a diverse group of individuals and families from the Riverdale/Kingsbridge community and its environs. Presenting problems range from transient crises to persistent emotional disorders. Services for adults and children consist of evaluation and assessment, crisis intervention, short-term, and ongoing therapy. Modalities utilized include: individual, family and group psychotherapy, and play therapy. Supervisors formulate clinical material using both psychodynamic and cognitive-behavioral orientations. There are also opportunities for psychodiagnostic testing. The extern participates in staff meetings and training seminars.

**The externship is 16 hours per week—which can be spread over two or three days. Hours must include one evening until 9 pm (Tuesday, Wednesday or Thursday). The extern must also be available on Tuesdays between 1-2 pm for staff meetings.** Transportation: Take the MTA express from Manhattan's east side (Bxm1) or west side (Bxm2) to West 239<sup>th</sup> St. By car, take the *southbound service road* at the 246<sup>th</sup> St. exit off the Henry Hudson Parkway. The site is also accessible by the IRT #1/9 subway and local bus combination.

**The Learning Center (TLC)  
521 West 239<sup>th</sup> Street  
Riverdale, New York 10463**

The Learning Center is one of four Marsha Winokur Learning Centers at JBFCS specializing in consultation, assessment, remediation, and treatment of children and families with a wide range of learning and emotional difficulties. Staff includes psychologists, learning specialists, and advanced psychology trainees. The externship program at TLC allows graduate students to learn

in depth how to conceptualize children's difficulties in school, family, and emotional contexts and how best to develop integrated treatment plans that consider all aspects of children's development. We conceptualize our evaluations along a short term therapy model, helping children and their families cope with a range of difficulties. Externs are given a broad range of responsibilities as well as intensive supervision throughout the year. Responsibilities include parent and school consultations, full psychoeducational and neuropsychological assessments, psychoremediation cases, and therapy cases involving children and ongoing parent work. Externs are expected to be full and active participants in our ongoing staff meetings and case seminars.

**The externship is two days per week (16 hours) on Mondays and ideally Wednesdays.**

Transportation: Take the MTA express from Manhattan's east side (BxM1) or west side (BxM2) to West 239<sup>th</sup> St. By car, take the *southbound service road* at the 246<sup>th</sup> St. exit off the Henry Hudson Parkway. Or, take the IRT #1/9 subway and local bus combination.

**The Saul & Gladys Gwartzman Learning Center (GLC)  
The Mid-Brooklyn Community Counseling Center  
2020 Coney Island Avenue  
Brooklyn, N.Y. 11223**

The externship at the Kaplan Center for Community Services is a conjoint placement at the Gwartzman Learning Center and the Mid-Brooklyn Community Counseling Center. Both programs are located in the heart of Brooklyn and serve an ethnically, culturally, linguistically and socio-economically diverse client population. Across both programs, the placement offers intensive supervision and the opportunity to participate in seminars, case conferences and staff meetings.

The Gwartzman Learning Center, another of the Marsha Winokur Learning Centers, serves children and adolescents with learning difficulties as well as their families. Externs will have the opportunity to conduct full psychoeducational and neuropsychological assessments, provide remediation, conference with parents, school personnel and other relevant professionals. Externs learn to develop treatment plans that integrate professional knowledge about learning difficulties with the needs of each child and family.

The Mid-Brooklyn Community Counseling Center is part of the Madeleine Borg Community Services (MBCS). The agency's network of out-patient mental health clinics serves a full range of individuals and families reflecting the rich diversity of each clinic's local community. Presenting problems from adjustment disorders to persistent emotional problems are treated using multiple modalities such as play therapy, individual therapy, family and group therapy.

**For maximum training experience, the externship involves a 17.5 to 21 hour a week commitment, spread over three days. GLC/MBCS will consider students for fewer days/hours, though no less than 16 hours spread over two to three days. Externs must be available Tuesday from 11 am to 1 pm as well as one evening (Monday-Thursday). Best days are Tuesday and Thursday.** Transportation: GLC is located at the intersection of Coney Island Avenue and Quentin Road, a block from Kings Highway. Take B (Express) or Q (Local) trains to the Kings Highway station. Walk west along Kings Highway to Coney Island Ave., then

north one block to Quentin Rd. Also accessible by subway/bus combination: D or M (Bay Parkway stations), N or F (Kings Highway stations) followed by Bus 82, east to Coney Island Ave. Limited street parking.

**Pride of Judea Community Services  
Queens Learning Center (QLC)  
243-02 Northern Boulevard  
Douglaston, New York 11362**

The Queens-based externship is offered either as a clinic-based placement at Pride of Judea Community Services or as a conjoint placement between Pride of Judea and the Queens Learning Center. The Pride of Judea Community Services, another branch of the MBCS, provides mental health services to a full age range of individuals and families reflecting the rich diversity of the clinic's local community. Presenting problems range from transient crises to persistent emotional disorders. Treatment modalities include crisis intervention, short-term and long-term individual therapy, family therapy, play therapy, and group therapy. The clinic currently has 12 groups serving a broad range of clients. The extern may arrange to co-lead a group with a clinic therapist, time permitting. Psychodiagnostic testing is also a part of the extern's experience. The extern participates in staff meetings and training seminars.

For students interested in gaining enhanced assessment experience, the Queens Learning Center, one of the Marsha Winokur Learning Centers, specializes in consultation, assessment, and remediation of children and families with a wide range of learning and emotional difficulties. Staff includes psychologists and learning specialists. At QLC, externs learn how to conceptualize children's difficulties in school, family, and emotional contexts as well as develop integrated treatment plans that consider all aspects of children's development. Responsibilities include full psychoeducational and neuropsychological assessments as well as parent and school consultation. Externs receive intensive supervision and training throughout the year.

**The externship is available at Pride of Judea Community Services exclusively, 16 hours per week, typically spread over two to three days. Hours must include one evening until 9 pm (Tuesday or Thursday); the extern must also be available on Mondays between 11 am to 2 pm. Or, students may select the combined placement at Pride-QLC, 21 hours per week (Pride-14 hours, QLC-7 hours). \*Please indicate in your cover letter your choice of *Pride only* or *Pride-QLC*.** Transportation: Pride of Judea/QLC is accessible by LIRR Port Washington Line (Douglaston station), Q12, N-20, and N-21 buses (to Douglaston Parkway). By car, take the Cross Island Parkway to Northern Blvd. East or LIE to exit 31 (Douglaston Parkway).

## **SPECIAL SCHOOL PROGRAMS: DAY AND RESIDENTIAL TREATMENT**

JBFCs operates special school programs that are part of day treatment and residential treatment programs for children and adolescents. Externs placed at these settings have the opportunity to work intensively with children or adolescents, often seeing them individually or in groups on a twice-a-week basis, working with their families, and consulting with teachers and milieu counselors. Psychodiagnostic testing is also a component of these programs.

### *Early Childhood*

**Child Development Center (CDC)**

**\*\*NEW LOCATION AS OF SEPT. 2010\*\***

**34 W. 139<sup>th</sup> Street**

**New York, NY 10037**

**(\*Please note that interviews will be held at the current location:  
120 West 57<sup>th</sup> Street, New York, New York 10019\*)**

The Child Development Center offers outpatient evaluations and treatment for preschool and some latency age children as well as a center-based therapeutic nursery school for children three to five years of age. In addition, CDC offers early intervention, center-based services to children under the age of three. This is a parent-child interaction program. The children present with a range of symptoms including developmental disorders as well as regulatory, behavioral, and emotional difficulties. Externs observe children in the classrooms and take part in the classroom's interdisciplinary weekly team meeting. Therapeutic Nursery cases are seen twice weekly for psychotherapy. Parent guidance is also stressed. Psychodiagnostic assessments are an important aspect of training. In addition to at least two hours of weekly supervision, CDC provides three weekly seminars. Topics include: preschool assessment, preschool psychotherapy, and classroom consultation. Monthly case conferences, at which staff and all trainees present, are another valuable training experience.

**The externship is 16 hours per week, distributed over three days. Tuesdays from 12-2 pm and Thursdays from 12-3:30 pm are required days and times for seminars and team meetings. Morning availability is essential for participation in the nursery, classroom observations, and assessments.** Transportation to the current location for an interview: Take N, R, W, or Q trains to West 57<sup>th</sup> St. or A, B, C, or D to Columbus Circle. The W. 139<sup>th</sup> St. location will be a new, enlarged facility for the CDC programs with transportation via #2 or #3 trains to 135<sup>th</sup> St. and Lenox Ave.; the #7 or the #1 bus to W. 139<sup>th</sup> St and Lenox Ave.

### *Middle Childhood*

**Henry Ittleson Center for Child Research**

**5050 Iselin Avenue**

**Riverdale, New York 10471**

The Henry Ittleson Center provides both day treatment and residential treatment for boys and girls, 6 - 13 years old, with severe psychological disorders. This setting offers an opportunity for

intensive child treatment as well as family therapy experience. Externs carry up to four individual cases. Psychological assessment, psychoeducational remediation and consultation with school staff are an integral part of the training experience. Externs obtain experience in the administration of cognitive, neuropsychological, and projective tests and in the preparation of integrated psychological reports. Group testing supervision is provided on a weekly basis. Externs participate in multidisciplinary team conferences and have the opportunity to co-lead group therapy in one of the residential units. Primary cases are a combination of both residential and day treatment clients. Ittleson requires applicants to have experience in child psychotherapy and/or the treatment of severe psychopathology due to the specific and intensive needs of their client populations.

**For maximum training experience, externs should commit a minimum of 21 hours per week spread over at least three days. Ittleson will consider students for fewer days/hours, though no less than 16 hours spread over two to three days. While there is some flexibility, Mondays are required as a full day along with certain hours on other days tailored to individual caseloads.** Transportation: Take the #7 bus from Manhattan to West 252<sup>nd</sup> St. and Henry Hudson Parkway. By car, take the 254<sup>th</sup> St. exit off the Henry Hudson Parkway.

*Adolescence*  
**Rita and Stanley H. Kaplan House**  
**74 St. Marks Place**  
**New York, New York 10003**

Kaplan House provides therapeutic and supportive services for 16–21 year-old young men who are aging out of foster care. Externs have an opportunity to work with residents on a range of psychological, educational, and vocational issues to help them prepare for independent living.

Externs learn from a multidisciplinary team/milieu treatment approach. They provide trauma focused individual and group therapy, make presentations at case conferences, administer psycho-educational test batteries, conduct family interventions, do psycho-remediation and receive supervision and training. There is an outreach aspect to the work which includes referrals and contacts with educational, legal, substance abuse, inpatient psychiatric and housing resources. Kaplan House also includes an extensive independent living skills program.

**The psychology extern works 16 hours per week over the course of two or three days. While hours can be arranged to accommodate the student's schedule, externs are required to attend community, staff, and training meetings on Wednesdays, from early afternoon until 8 pm. Tuesday and/or Thursday are preferable for the other placement days.**

Transportation: Kaplan House is conveniently located in downtown Manhattan. Take the N/R to 8<sup>th</sup> Street; 4, 5, or 6 to Astor Place; or L to First Avenue.

## **SUPERVISION AND AGENCY EXPECTATIONS**

All externs receive two hours of case supervision each week. At least one hour of supervision is with a licensed psychologist. Additional supervision is provided for assessment. In most locations, supervision groups and/or workshops are available that include staff as well as other students.

Externs at the agency for two days per week generally have about 4 to 8 clinical contact hours per week with patients. Externs must complete the regular case recording requirements of the facility. They also must be able to be available for psychiatric conferences; this may occasionally involve a change of the externs' regular work schedule. Externs who work more than two days a week will increase their treatment hours and will receive additional supervision accordingly.

The externship program generally begins in early to mid-September and continues through the end of June. Specific sites may vary. Externs are expected to continue to work at their placements during school holiday periods since the agency offers full clinical services during these periods. Externs do take legal and religious holidays available to all staff members. There is no stipend or salary available for externs and medical benefits are not provided. Agency requirements such as background checks, fingerprinting, and computer proficiency testing must be completed before students begin their placements in September.

## **APPLICATION PROCESS**

**Applications will be accepted beginning January 15, 2010. We encourage prompt submission. Students may apply to up to two JBFCS settings. Please review day/time requirements for the site(s) to which you are applying. If you have questions about scheduling conflicts, please contact us for further information prior to applying.**

Interviews will be scheduled by site supervisors after all of an applicant's materials have been received and reviewed. Offers for externship positions are made on a rolling basis. JBFCS requests that students approach the application process professionally and respond to interview invitations and placement offers in a timely manner.

## **ALL APPLICATION MATERIALS MUST BE SENT ELECTRONICALLY!**

**For easy identification, please label all attached electronic documents (e.g., Sarah Smith-Cover Letter). Paper documents as well as applications received prior to January 15, 2010 will not be accepted. To apply, please submit the following documents:**

1. Cover letter indicating your choice of up to two agency settings
2. Curriculum vitae
3. One psychological testing report (**delete all personal or identifying information**)
4. Two letters of recommendation\*

5. Letter from department chairperson/training director indicating approval for externship and the maximum number of days and hours that the student is approved to be at an externship site.\*

**STUDENTS WILL NOT BE INTERVIEWED UNTIL THEIR TRAINING DIRECTOR HAS VERIFIED THAT THEY HAVE THEIR PROGRAM'S APPROVAL TO COMMIT TO THE HOURS AND DAYS AT THE EXTERNSHIP SITE(S) TO WHICH THEY ARE APPLYING.**

\*Letters of recommendation may be e-mailed directly from your supervisor or professor. Letters of departmental approval may be e-mailed directly from your training director or department chairperson. **If e-mailed by students, these documents must be sent in PDF format and must include the supervisor or chairperson's signature. If you choose another format, we may be unable to read your documents.**

**Please direct inquiries and e-mail applications to:  
Dr. Gayle Herman, Psychology Externship Coordinator  
[gherman@jbfcs.org](mailto:gherman@jbfcs.org)  
(718) 423-6200 ext. 216**

Information regarding the agency's services and programs can be found on the JBFCS website [www.jbfcs.org](http://www.jbfcs.org)