



MedStar Health

**MEDSTAR GEORGETOWN
UNIVERSITY HOSPITAL**



**MedStar Georgetown University Hospital (MGUH)
Department of Psychiatry
Division of Outpatient Child and Adolescent Psychiatry
AND
Center for Wellbeing in School Environments (WISE Center)**

Child and Adolescent Clinical Psychology Externship Training Program

MGUH's Department of Psychiatry is a multidisciplinary, community- and family-focused organization committed to strengthening the wellbeing of children and families through a culturally humble, and healing-informed approach. We have three tracks: *Outpatient Mental Health, School-Based Mental Health and Adult/Health Psychology.*

Program Overview: Adult Treatment/Health Psychology Track

The *Health Psychology track* resulted from the passion of faculty members and supervisors to provide an unique opportunity for junior colleagues with interest in the field of health psychology. This opportunity teaches trainees the necessary skills to offer specialized care to individuals experiencing health challenges. The track creates learning experiences for trainees who desire to support the overall wellbeing of adults in specialty care environments, primary care clinics and academic spaces. Trainees will provide treatment to clients via the Health Psychology model of care.

Track Description:

Educator therapy (8 hours): Trainees will gain clinical experience within our partner school sites (via the WISE program) in Wards 7, 8, 5, 4, 2 & 1 with a vast majority of our schools east of the River in Wards 7 & 8. Services include individual or group-based, empirically supported treatments (e.g. CBT, Single Session Consultation). Candidates for therapy (ie. educators, administrators, operations staff) are self-referred and/or referred by colleagues. Hybrid services are provided in-person/virtually at assigned schools. Therapeutic services for educators, administrators and school-based staff are provided at no cost. The Educator therapy portion of the rotation is required for all Health Psychology trainees.

Health Psychology (8 hours): The health psychology rotation focuses on the intersection of social, psychological and biological factors that influence overall health. This clinical experience provides a unique opportunity to train in an area of speciality with the goal of providing mental health services focused on promoting health and overall physical and psychological well being. There are 3 subspecialties under the Health Psychology rotation:

Subspecialty: Women's Mental Health Program (WMHP)

The Women's Mental Health Program (WMHP) is a unique learning experience based within the Department of Psychiatry at MedStar Georgetown. This placement provides trainees an opportunity to acquire training with the perinatal patient population in a multidisciplinary environment. Trainees provide services to pregnant and

postpartum patients, patients coping with fertility and loss, and families who have a baby in the Neonatal Intensive Care Unit (NICU). Responsibilities include conducting initial intake evaluations as well as individual and group psychotherapy. In addition to clinical activities, trainees attend weekly supervision with a licensed psychologist, didactic seminars, and trainings covering a range of topics addressing the perinatal experience and the practice of therapy. Trainees receive exposure to the practice of brief psychotherapy and various theoretical orientations including cognitive behavioral; family systems; psychodynamic; and solution-focused therapies. Presenting issues include perinatal depression; anxiety; parenting; and relationship concerns. The WMHP is committed to creating a supportive learning environment that both encourages growth and exposure to new experiences while ensuring trainees feel properly supported at all times.

Please Note (applicants interested in the Maternal Health Subspecialty): Mandatory training days are Wednesdays. Trainees are expected to attend trainings and participate in clinical activities for the WMHP on Wednesdays.

Activities:

- Conduct initial intake evaluations
- Conduct outpatient individual psychotherapy
- Conduct outpatient group psychotherapy
- Conduct group psychotherapy in the Mother-Baby Intensive Outpatient Program
- Attend weekly supervision with a licensed psychologist
- Attend didactic seminars and trainings covering a range of topics addressing the perinatal experience and practice of therapy

Clinical Focus on Treating Issues Related to:

- Perinatal depression and anxiety
- Parenting concerns
- Relationship concerns
- Fertility and loss
- Neonatal Intensive Care Unit (NICU) experience

Subspecialty: Primary Care Mental Health Integration at Fort Lincoln Family Medicine

Trainees will rotate a full day at the clinic. Training will focus on brief patient care/health psychology intervention and primary care mental health consultation. Focus areas include support of health behaviors related to obesity, hypertension, diabetes, chronic pain, insomnia, smoking cessation, and other chronic medical issues. Trainees will learn how to provide consultations within an interdisciplinary team that includes physicians and medical residents, nurses/medical assistants, and community health educators. There would be an opportunity to carry up to three long term cases across the training year as well.

Required training day: Monday

- Onsite supervision will be provided by Dr. Keri Kirk
- Additional opportunities available: Research on health behaviors and social context of obesity and cardiovascular disease

Location: Fort Lincoln Family Medicine
4151 Bladensburg Rd
Colmar Manor, MD 20722
p: 301-699-7700; f: 301-779-9001

Subspecialty:Psychosocial Oncology Program

The Psychosocial Oncology Program at Lombardi Comprehensive Cancer Center and MedStar Health offers trainees the opportunity to become part of an interdisciplinary healthcare team to provide patients with and survivors of cancer with psychotherapy specifically tailored to address issues such as: distress associated with cancer, coping with cancer, and behavioral management of the side effects of the disease and treatment. Common areas of focus include: psychosocial adjustment to the initial diagnosis and treatment, supporting treatment decision-making, and navigating disease progression, recurrence, survivorship, end of life, and family bereavement. Trainees work across the age range—from pediatric and young adult patients to adults. Trainees will engage with families and primary caregivers of patients and survivors. Additionally, trainees will become integrated members of the psychosocial care teams in both the adult and pediatric/adolescent clinics, and have the opportunity to join an interdisciplinary consultation/liason program dedicated to parents with cancer, their cancer caregivers, and children. Trainees will conduct screening calls, intakes, and ongoing psychotherapy with patients with a wide range of cancer types. Trainees will attend didactics, adult and child psychiatry and oncology grand rounds, and receive weekly supervision with a licensed clinical supervisor. The program provides psychoeducation and supportive, interpersonal, cognitive-behavioral, and psychodynamic therapy based on patient needs and primary presenting concerns. This is a unique opportunity to train in health psychology and behavioral medicine, exclusively with patients with cancer, their caregivers and families, and cancer survivors.

Trainees will rotate one full day at this clinic. Training will focus on patient care with adults diagnosed with cancer. Externs will learn to utilize specific distress screeners to determine proper wellbeing supports.

- Required training day: Tuesdays
- Onsite supervision will be provided by Dr. Kimberly Davis
- Additional opportunities available: Research on cancer prevention and control, distress screening and follow-up

Location: 2115 Wisconsin Avenue Suite 200 Washington DC (outpatient clinic) and
3800 Reservoir Rd NW, Washington, DC 20007 (main hospital)

Training Program Requirements

Supervision: Individual in-person weekly supervision will be provided by licensed clinical psychologists. A primary focus of supervision is increasing the trainee’s understanding of the intersection between biology, psychology, behavior and health in the treatment process. Supervision models with a cultural basis are utilized throughout the training process.

All trainees will have the opportunity to take part in quarterly group supervision with other psychology trainees to gain broader viewpoints and a greater understanding of the interface of psychotherapy, community mental health, and hospital medical care. Trainees will also have the opportunity to take part in weekly interdisciplinary group supervision and/or consultation with other externs, school-based social workers, school-based psychologists, and school-based psychiatrists as well as didactics specific to health psychology. Given our faculty’s strong commitment to training, externs are afforded the opportunity to collaborate with many experts in our field, depending on their specific interests.

Didactic Trainings

Adult/Health Psychology trainees are required to participate in weekly didactics (Tuesdays 10:00-11:00am) facilitated by MGUH faculty and community partners. Didactics focus on various topics including: Maternal Mental Health, Group Therapy, Dialectical Behavioral Therapy, Provider Consciousness, among many others.

Adult/Health Psychology trainees are required to participate in monthly Child and Adolescent Grand Rounds facilitated by world-renowned researchers and practitioners (Tuesdays 11:00am-12:15pm).

In addition, (virtual) attendance at Adult Psychiatry Grand Rounds is recommended. Adult Psychiatry Grand Rounds are held twice a month on Thursdays afternoons (4:00-5:30pm). Trainees also have the option to attend additional weekly didactics sessions alongside child and adolescent psychiatry fellows, residents, and/or externs as is topically relevant. Trainees may also be required to attend health psychology-specific seminars and workshops tailored to meet their training needs and interests.

Qualifications

Applicants must be doctoral trainees in Clinical, Counseling, or School Psychology entering their 3rd year or higher. Trainees with experience delivering psychotherapy are preferred. Experience in health psychology is preferred but not required. This training experience is intended for advanced doctoral students. *To note, a select number of the most competitive applicants will be offered interviews, and interviews will be offered on a rolling basis. As such, early submission of application materials is highly encouraged.*

Time Requirement

A total of 16 hours is required. Eight (8) hours will be dedicated to a Health Psyc site while the remaining eight (8) hours will be dedicated to educator therapy at a school based site. One day per week rotations are considered, if applicable:

Schedule example(s)

#1: *Mondays* 8a-4p (8hours/full day): Ft. Lincoln Clinic; *Thursdays*: Educator Therapy 12-4p (4 hours/half day) at a partner middle school

#2: *Mondays*: Educator Therapy 8a-12p (4 hours/half day) at a partner high school; *Wednesdays*: Women's Mental Health Program 9a-5p (8hours/full day)

#3: *Tuesdays*: Lombardi Cancer Center 9a-6p (8hours full day and 1 hour of weekly didactics); *Fridays*: Educator Therapy 8a-12p (4 hours/half day) at a partner elementary school

Caseload Requirement

It is recommended that trainees carry, in an 8 hour day, a caseload of 5-6 individual clients and 2-3 individual clients in a 4 hour day. Caseloads numbers will be at the discretion of the site supervisor and trainee. Of the 16 hour requirement, 3 hours of administrative time is allotted to each trainee.

Available Positions

In total, four (4) health psychology trainees will be recruited to begin in August 2025. Of the four (4) trainees, two (2) trainees will be specifically recruited for the Lombardi site, one (1) trainee for the Fort Lincoln site, and one (1) trainee for the Women Mental Health Program. *To note, only a select number of the most competitive applicants will be offered interviews, and interviews will be offered on a rolling basis. As such, early submission of application materials is highly encouraged.*

Applications

To apply: We will begin accepting applications for **four (4) positions** on **Monday, January 6, 2025**. Application submission will close on **Friday, February 14, 2024**. Offers are extended on a rolling basis; however, trainees are not required to accept or decline offers until the Universal Acceptance Date on **Friday, March 7, 2025**. Please submit the following materials to **Dr. Denisha Carter** at training@medstarwise.org and **Tyrica Edmonds-Miller** (tyrica@medstarwise.org).

- **Statement of Interest:** Please provide a 250-word statement based on the following prompt:
 - *How does who you are inform your work as a mental health clinician?*
 - Please include the specific track(s) and subspeciality (Fort Lincoln, Lombardi or Women’s Mental Health Program) in which you are interested. Health Psychology applicants may also apply to Outpatient or School Based Mental Health tracks.
- **CV**
- **Two (2) letters of recommendation** from current or previous clinical supervisors, *rising 3rd year students* are able to include a letter from a current or previous supervisor and/or a current or previous professor
- **Case conceptualization:** Please read the following case scenario and provide a 250-word case conceptualization, including how you would approach working with this family:
 - *You are working with an 11-year-old African American child whose family resides in Ward 7 in DC. The child presents with anxiety related to school- and family-related transitions. The child is experiencing strain within caregiver and peer relationships, academic challenges, and trouble focusing. The child's mother recently had a baby, and a high-risk pregnancy and delivery is causing continued health challenges that impact her ability to engage with the child and provide academic support. The child's father lives in the home and has historically worked long hours, but is now taking on more caretaking responsibilities.*

Contact Information

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