



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 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. A strong emphasis is placed on treatment, supervision, and ethical decision-making within a multicultural context. We have three rotation opportunities: *Outpatient Mental Health, School-Based Mental Health, and Adult/Health Psychology.*

Program Overview: Outpatient Mental Health Track

MGUH's Division of Child and Adolescent Psychiatry, within the Department of Psychiatry, provides outpatient mental health services to youth and young adults ages 3-26 and their families. Clinical psychology doctoral trainees deliver psychodiagnostic and psychotherapy services for child, adolescent, and young adult clinical populations within our outpatient clinic setting and, in certain cases, within a medical setting (e.g., primary care). In addition to engaging in weekly supervision with licensed clinical psychologists, trainees participate in supplementary trainings with other members of our multidisciplinary faculty, including psychiatrists and social workers.

Trainees also receive opportunities to interface with a multidisciplinary team, including: clinical psychologists; psychiatrists; psychology postdoctoral fellows; psychiatry medical residents and fellows; and social workers. In addition, consultation occurs with educators, school-based mental health practitioners, and other invested stakeholders regarding patients' emotional and behavioral needs in various environmental contexts.

Subspecialty: Intensive Outpatient Programs (Child & Adolescent; Young Adult)

Child and Adolescent IOP (ages 13-17)

An intensive outpatient program (IOP) provides a higher level of care than traditional once-a-week individual therapy but is less intensive than inpatient hospitalization. The program at MGUH includes 3 hours of group therapy 3 days a week (Monday, Wednesday and Thursday 3p-6p), with additional individual and family therapy, psychiatry services, and parent support. The program curriculum runs on a 12-week cycle.

The program staff includes a team of experienced psychiatrists, therapists, social workers, care coordinators, psychiatry residents and fellows, and social work and psychology trainees. Group therapy topics include executive functioning, connection to nature, relationships, nutrition, and more. Common theoretical approaches include dialectical behavioral therapy (DBT), cognitive behavioral therapy (CBT) and mindfulness. Four (4) hours of the trainee's clinic day will be committed to direct service and non-direct service work within the program (ie. 3 hours

of group or individual therapy, 1 hour of case management, documentation, ect.) For further information please review the program link: <https://www.medstarhealth.org/services/intensive-outpatient-program-for-adolescents>

Young Adult IOP (ages 18-26)

For young adults between the ages of 18 and 26, the Department of Psychiatry at MedStar Georgetown University Hospital, Division of Child and Adolescent Psychiatry, offers an intensive, multidisciplinary outpatient program designed to provide a higher level of care and support to help young people build the skills they need to manage their symptoms and navigate the transition to adulthood. Four (4) hours of the trainee's clinic day will be committed to direct service and non-direct service work within the program (ie. 3 hours of group or individual therapy, 1 hour of case management, documentation, ect.). For further information please review the program link:

<https://www.medstarhealth.org/-/media/project/mho/medstar/pdf/child-and-adolescent-psychiatry-program-flyer-web.pdf>

Outpatient Program Specifics

Measurement Based Interventions: MBIs are regularly conducted at the onset of psychotherapy to assist with conceptualization and treatment planning. Trainees are trained in the use of well-validated screening instruments and risk assessment tools. MBIs are conducted primarily at intake and throughout treatment and are not to be confused with psychological evaluations.

Evidence-Based Psychotherapy: Trainees receive training in and deliver individual and group-based, empirically supported treatments to youth and families who are presenting with a range of clinical concerns (e.g., ADHD, anxiety, depression, ODD, PTSD). Treatment approaches include cognitive-behavioral techniques (e.g., CBT, parent training, DBT), family systems, psychodynamic, mindfulness-based, and interpersonal approaches as well as other integrated approaches. Treatment application is supported via live supervision.

Supervision

Individual weekly supervision will be provided by Licensed Clinical Psychologists. A primary focus of supervision is enhancing trainees' cultural humility in their clinical practice. Our team aligns with The Public Psychology for Liberation Training Model (Neville et al., 2021), which views training as *an iterative, ongoing nonlinear developmental process to be revisited and strengthened as needed*. We highly value trainees' expertise, input, and feedback. We identify ourselves as learning partners and invite trainees to engage in a process of life-long learning and growing alongside us.

All outpatient trainees will be required to participate in quarterly group supervision four (4) times throughout the training year with other doctoral psychology trainees and social work interns. During group supervision meetings, trainees gain broader viewpoints and a greater understanding of the interface of psychotherapy, community mental health, and hospital medical care. Given our faculty's strong commitment to training, trainees are offered the opportunity to collaborate with many experts in our field via MGUH's Department of Psychiatry.

Didactic Trainings

Outpatient 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, but not limited to: Maternal Mental Health; Group Therapy; Dialectical Behavioral Therapy; and Liberation Psychology. Outpatient trainees are required to participate in monthly Child and Adolescent Grand Rounds, facilitated by world-renowned researchers and practitioners (Tuesdays 11:00am-12:15pm). Other optional didactic trainings will be offered throughout the year as well.

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. 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 and Caseload Requirements: Tuesday is a required training day, due to the didactic training schedule. The second day of training at MGUH will be on Mondays, Wednesdays or Thursdays. Trainees will carry a caseload of 5-6 individual patients per day and facilitate/co-facilitate one group weekly. Trainees' interests and training needs are considered when determining caseloads therefore caseloads are built within the first 3 months of the training year. Onsite hours may include evening hours/sessions (after 5p) in person or virtually.

Location for MGUH Outpatient Mental Health Track

MGUH Department of Psychiatry
2115 Wisconsin Ave, NW, Suite 200
Washington, DC 20007

Applications

To apply: We will begin accepting applications for **three (3) 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) in which you are interested. Outpatient applicants may also apply to the School-Based Mental Health track.
- **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 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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