

**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- and healing-informed approach. We have three rotation opportunities: Outpatient Mental Health, School-Based Mental Health, and Adult/Health Psychology.

Program Overview: School-Based Mental Health Track (WISE Center)

In 2018, InSite Solutions and Georgetown University's Department of Child & Adolescent Psychiatry merged to create a regional center for school-based mental health: MedStar Georgetown Center for Wellbeing in School Environments (WISE Center). This partnership expands access to high-quality, multidisciplinary direct clinical services, classroom consultation, and whole-school wellbeing programming. We highly value training the next generation of mental health practitioners, skilled in the application of evidence-based clinical knowledge with individuals, families, and systems.

Externs are placed within our partner school sites across all 8 Wards of the District. School communities serve students ages 3 to 18, most of whom live in underserved communities and experience chronic adverse childhood experiences (ACEs). As a result, the WISE Center utilizes a **trauma-informed and healing-centered approach** as we partner with families and educators. Externs will have the opportunity to collaborate with a multidisciplinary team (e.g., school-based social workers/psychologists; school leaders and educators; psychiatrists, etc.) to holistically support the wellbeing and functioning of students.

Doctoral externs engage in a unique combination of school-based services, including:

Evidence-Based Psychotherapy: Individual or group-based, empirically supported treatments (e.g., Trauma-Focused CBT, Acceptance and Commitment Therapy, Resilience Builders, CBITS, etc.) are utilized in treatment. Candidates for therapy are screened as a part of our whole-school programming and consultation, and environmental needs are addressed first. Family-based therapeutic intervention is reserved for students and families who can benefit most from individualized support in addition to those with the highest needs and most barriers to accessing community care.

Psychodiagnostic Assessment: Clinical services are grounded in measurement-based care. Externs utilize various tools (structured observations, semi-structured interviews, parent- and teacher-report forms) to gather thorough data prior to and throughout the course of treatment. Data is also utilized to inform conceptualization and treatment planning.

Consultation and Educator Wellbeing: Externs participate in regular consultation with school leaders, mental health clinicians, educators and school based staff to improve mental health awareness and enhance school- and classroom-wide supports for all students, particularly those with mental health needs. If interested, externs can elect to support educators directly through WISE's teacher wellbeing initiatives, including wellbeing consultation; ongoing individual treatment; educator wellbeing groups; professional development workshops.

Caregiver Engagement: Although not required, externs have the opportunity to co-facilitate caregiver engagement groups through our **CEO (Caregivers Empowering eachOther) Program**. Typically, groups meet for 6 weeks to discuss personal/collective self-care and other important topics identified by caregivers.

Supervision

Individual weekly supervision will be provided by licensed clinical psychologists. Our team aligns with The Public Psychology for Liberation Training (Neville et al, 2021), viewing 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 with us.

Externs will also have the opportunity to take part in weekly didactic trainings, quarterly group supervision, and monthly hospital Grand Rounds to gain broader viewpoints and a greater understanding of the interface of psychotherapy, community mental health, and hospital medical care. Examples of didactic training topics include: maternal mental health, Dialectical Behavioral Therapy (DBT), provider conscious/unconscious bias; and group treatment practices. Given our department's strong commitment to training, externs are highly encouraged to learn from and collaborate with experts across fields and specialty areas.

Qualifications

Applicants should be doctoral externs in Clinical, Counseling, or School Psychology entering their 3rd year or higher and have some previous experience delivering psychotherapy. We are offering 5 school-based doctoral extern positions for the 2023-2024 training year.

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

Two days per week (~8:00am to 4:00pm) is preferred. School-based work occurs on Mondays, Wednesday, Thursdays and Fridays. Attendance is required at quarterly group supervision meetings that occur 4 times per year (9-10am). Participation is highly encouraged for weekly didactic trainings held on Tuesdays (10-11am) and Child and Adolescent Grand Rounds held once a month on Tuesdays (11am-12pm).

Applications

We will begin accepting applications on **Friday January 6, 2023**. Application submission will close on **February 10, 2023**. Offers are extended on a rolling basis; however, externs are not required to accept or decline offers until Consortium Match Day on **March 10, 2023**. Please send the following information to Co-Directors of Clinical Training, Drs. Denisha Carter & Megan Polanin:

- Letter of Interest, *stating specifically your interest in the school-based track*
- CV
- (2) letters of recommendation from current or previous clinical supervisors
- (1) de-identified recent assessment report; if a de-identified assessment report is not available, a scholarly writing sample will be accepted (ie. de-identified case formulation)

*****If interested in the School-Based Mental Health Track, please submit materials to training@medstarwise.org. Please submit any questions to Drs. Polanin and Carter using the contact information below:**

Contact Information

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