

## Mountain Manor Treatment Center Psychology Externship Training Program

Thank you for your interest in the Mountain Manor Treatment Center Psychology Externship Training Program! This document contains an overview of information about the clinical setting and opportunities, eligibility criteria, and procedures for applying at Mountain Manor to guide you in making a well-informed decision regarding your future training. According to the Substance Abuse and Mental Health Services Administration, nearly one in five individuals with any mental illness also meet criteria for a substance use disorder. Therefore, considering additional training and experience in treating addiction is a crucial part of becoming a well-rounded psychologist.

### Clinical Setting

Mountain Manor Treatment Center is the Baltimore location for Maryland Treatment Centers, a community provider organization that offers a range of clinical services to adolescents and adults with substance use disorders throughout central Maryland. At Mountain Manor, services include residential/inpatient, partial hospitalization, intensive outpatient, and outpatient treatment for young adults (ages 18-28) and adults (ages 28+). Although Mountain Manor is primarily an addiction treatment site, many patients have co-occurring mental illnesses that are also treated at Mountain Manor. Most patients at Mountain Manor are from low income backgrounds and receive services through Medicaid; although, patients are diverse in other areas such as age, race, ethnicity, and gender.

### Program Overview

**Model of Training:** The Mountain Manor Treatment Center Psychology Externship Training Program adheres to a scholar-practitioner approach to training as the duties of the externship are primarily clinical. Externs will participate in clinical service that will enhance their ability to conduct diagnostic intake interviews, engage in case conceptualization, create collaborative treatment plans, provide individual and group psychotherapy, and participate within a multidisciplinary treatment team. Weekly individual and group supervision and didactics round out the externship training experience by learning about relevant concepts from the scientific literature applied to clinical practice.

**Responsibilities of the Student:** Externs at Mountain Manor are expected to maintain professionalism in their role at Mountain Manor including adhering to ethical guidelines established by the American Psychological Association and to the policies at Mountain Manor. Externs participate in clinical activities to the benefit of Mountain Manor, its clientele, and the extern's own learning experience; however, the workload and responsibilities for externs will be developmentally modified and externs are not expected to perform the duties normally assigned to professional staff.

**Responsibilities of Training Staff at Mountain Manor:** Program staff and supervisors are expected to maintain the highest professionalism and adhere to the ethical guidelines of their discipline as a model to program externs. Staff also commits to continued professional development and education. Involvement in externship training is voluntary at Mountain Manor; staff members who express a sincere interest in training and student development are invited to participate.

**Training Term and Hours:** Externships at Mountain Manor typically require a 12-month training period starting at the beginning of July. A 12-month period ensures that externs have time to acquire adequate experience and learn our system. However, alternative start dates or shorter terms may be considered on a case-by-case basis. Externs can expect to work 20 hours per week at Mountain Manor over two or two and a half days.

## **Supervised Clinical Experience**

**Clinical Opportunities:** Externs will have the opportunity to work with young adults and adults with a variety of substance use disorders. Externs will provide individual services including bio-psycho-social intake assessments, case management, and psychotherapy for co-occurring diagnoses commonly including mood disorders, anxiety disorders, and trauma related disorders. Group opportunities can include stress management and coping skill groups, creative arts group, mindfulness groups, cognitive and behaviorally based groups, and process groups. Externs will have the opportunity to work across an array of levels of care including inpatient, intensive outpatient, and standard outpatient. Externs will be assigned to groups and individuals based on the needs of the clinical programs at Mountain Manor, the competencies of the primary supervisor, and the expressed interests and goals of the extern.

**Research Opportunities:** Maryland Treatment Centers has an active portfolio of clinical research in SUD treatment. Although not required, there are many opportunities for externs to participate in clinical research as part of the training experience.

**Supervision:** Externs receive a minimum of one hour per week of regularly scheduled face-to-face individual supervision with a licensed psychologist. The primary supervisor will also be regularly available to answer questions and provide impromptu guidance in addition to regularly scheduled supervision. Externs can expect to work closely with their primary supervisor at the beginning of their training year with increasing independence as their competencies increase. In addition to individual supervision, externs will receive a minimum of one hour per week of group-based learning activities to include group supervision, case presentations, and other didactic experiences. . Clinical activities (and on occasion supervision) will be supplemented and enhanced with interdisciplinary collaboration including participation in treatment team meetings, shadowing clinical activities, and co-leading groups with clinicians from disciplines other than psychology.

## **Training Staff**

### **Kevin R. Wenzel, Ph.D.**

Dr. Wenzel is a Maryland licensed psychologist and a research scientist at Mountain Manor. He serves as the primary on-site supervisor for psychology externs at Mountain Manor. Dr. Wenzel's theoretical

orientation is based in behavioral and cognitive theory, and he has experience treating a wide variety of mental disorders by implementing interventions such as cognitive behavioral therapy, dialectical behavioral therapy, motivational interviewing, contingency management, cognitive processing therapy, and acceptance and commitment therapy. Prior to joining Mountain Manor, he worked as a clinician in a dual diagnosis intensive outpatient treatment program and dialectical behavior therapy program at the Loma Linda VA Medical Center where he also served on the training committee for their practicum/externship, pre-doctoral internship, and postdoctoral fellow training programs. In addition to providing clinical supervision and direct services at Mountain Manor, Dr. Wenzel participates in the design, implementation, and dissemination of ongoing research at Mountain Manor in conjunction with Dr. Fishman and other members of the Research Department. Dr. Wenzel can be reached at [kwenzel@mountainmanor.org](mailto:kwenzel@mountainmanor.org).

### **Cheryl Caplan-Zalis, LCSW-C, LCADC**

Ms. Caplan-Zalis is a licensed clinical social worker and the Director of Young Adult Services at Mountain Manor. Ms. Caplan-Zalis' role on the training staff is to coordinate clinical opportunities for externs in the various young adult programs at Mountain Manor and provide supplemental supervision as needed when Dr. Wenzel is unavailable.

### **Marc Fishman, M.D.**

Dr. Fishman is a board certified psychiatrist specializing in addiction medicine and is the Corporate Medical Director of Mountain Manor. Dr. Fishman's role on the training staff is to assist in training and didactic opportunities about clinical interventions for the treatment of substance use disorders. He also provides supplemental supervision as needed when Dr. Wenzel is unavailable.

## **Applications and Selection**

**Eligibility:** Applicants must be trainees in good standing in an APA-accredited doctoral program in clinical or counseling psychology OR a terminal masters program in clinical or counseling psychology and approved for externship by their graduate training program based on the level of skill and emotional maturity needed as an extern. Externs are subject to fingerprinting, drug screens, employee health physical screening, and background checks.

### **Application Procedures:**

1. Applicants should please submit the following material by email to Dr. Wenzel at [kwenzel@mountainmanor.org](mailto:kwenzel@mountainmanor.org):
  - a. A cover letter of no more than one page indicating your interest for an externship at Mountain Manor, and
  - b. An updated curriculum vitae
2. The Director of Clinical Training should please submit a letter of approval directly to Dr. Wenzel at [kwenzel@mountainmanor.org](mailto:kwenzel@mountainmanor.org).

### **Selection Procedures:**

1. Applications are evaluated on the domains of clinical experiences, coursework and grades, other relevant experience, and goodness of fit with the training program.

2. The deadline for application submissions is February 28<sup>th</sup>, 2019. Applications received after then are not guaranteed to be reviewed. However, applications may continue to be reviewed at the discretion of the supervisor if there are any unfilled positions.
3. Applicants will be notified via email regarding invitations to interview after applications are reviewed, typically in mid- to late-Spring.
4. Please direct any questions for Dr. Wenzel at [kwenzel@mountainmanor.org](mailto:kwenzel@mountainmanor.org).