

Department of Psychology

Sheppard Pratt

Externship Training Program: Treatment of Serious Mental Illness in the Inpatient Setting

The Department of Psychology at Sheppard Pratt offers an externship placement for two predoctoral students interested in inpatient programming (individual and group therapy, psychoeducational and skills groups) at Sheppard Pratt's historic Towson campus. Trainees must have completed coursework in individual and group therapy, and psychological assessment, including tests of personality and cognitive abilities. Trainees will be onsite for two days or 16 hours, per week gaining valuable experiences providing psychotherapeutic treatment within a multidisciplinary framework. Trainees will also have the opportunity to administer comprehensive psychological evaluations by completing clinical interviews, administering test batteries and report-writing. They will participate in case conferences, a didactic, and supervision. Hours/days are flexible.

Services:

Trainees provide individual and group therapy, psychoeducational and skills groups and also complete psychological evaluations in the inpatient treatment settings. Sheppard Pratt hospital has inpatient units for child, adult, and geriatric populations, including one specialty unit focused on the treatment of eating disorders. Externs will have the opportunity to join interdisciplinary teams to lead interpersonal process and psychoeducation groups (some examples include trauma psychoeducation, self-compassion, and DBT) and also provide twice weekly individual therapy to patients deemed appropriate for this treatment. While working on the inpatient units, trainees will be exposed to a wide range of presenting concerns and will gain experience providing treatment for populations requiring an acute level of care. They gain knowledge and experience conducting diagnostic interviews and administering, scoring, and interpreting psychological tests. Externs will rotate between two adult general inpatient units. There may be a possibility of a rotation on a child/adolescent inpatient unit as well.

Supervision:

Trainees receive 1 or 2 hours/week of individual supervision by a licensed psychologist which will occur in person. Externs will receive supervision for their individual and group therapy as well as assessment. Trainees will have access to a supervisor whenever needed with increased autonomy as knowledge, abilities, and skills increase.

Didactic:

Externs will participate in a weekly didactic with other psychologists to discuss readings pertinent to psychological treatment in the inpatient setting.

Population Served:

Children and adolescents and adults with wide range of concerns and psychological disorders. Trainee preferences for working with particular populations will be taken into consideration and honored when possible (for example, an extern who would like to work on a child/adolescent unit).

Prospective Schedule/Responsibilities:

Morning meeting (2 hours per week): Externs will typically start each workday joining a one-hour-long morning meeting with the interdisciplinary team for the unit that they are working on for the current rotation. During this meeting, patients are discussed from the perspective of different disciplines in order to provide well-rounded treatment.

Individual therapy (6 hours per week): Every effort will be made to have each extern hold a caseload of three inpatient patients at a time, each of whom will be seen twice per week.

Groups (2 hours per week): Externs will lead either one group that runs twice per week, or two groups that run once per week. These groups will rotate so that externs gain experience running a variety of types of groups (psychoeducation and interpersonal process).

Supervision (2 hours per week): Externs will have supervision for their individual therapy, group therapy, and assessment work.

Seminar (1 hour per week): There will be a one hour seminar for externs to discuss treatment topics relevant clinical populations in the inpatient setting. Typically, there will be an article or a book chapter to be read ahead of time, and this will be discussed amongst a group. In addition to externs, there are typically staff psychologists and occasionally members of other disciplines (i.e. psychiatric residents).

Administrative (3 hours per week): This is an opportunity to write therapy notes/assessment reports and read for didactic.

Application Process:

Please submit, via email, a cover letter with stated interest, current CV, and two letters of recommendation to Dr. Dan Summers at dan.summers@sheppardpratt.org. Letters must be mailed or emailed directly from recommender.

Applications are welcome October 1– January 31.

Interviews will be by invitation and held in the mid-February.

Location Address:

Attn: Dr. Dan Summers
Licensed Psychologist
6501 North Charles Street
Baltimore MD 21204 Training
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410-938-5264