2014-2015 DOCTORAL PRACTICUM/EXTERNSHIP TRAINING
Stony Brook University’s Counseling and Psychological Services (CAPS)
http://studentaffairs.stonybrook.edu/caps/training

Introduction

Stony Brook University is located 60 miles east of New York City on Long Island’s North Shore, with the LIRR stopping right on campus. The University was built to serve the metropolitan New York City region and provides access to higher education for a richly diverse population of New York as well as international students. Counseling and Psychological Services (CAPS) serves an undergraduate, graduate, and professional student body of over 25,000. In all, the university is an ideal setting for practicum training, offering the opportunity to work with clients of extremely diverse backgrounds and levels of functioning, as well as varied presenting problems. Given recent campus events in national news, it is apparent that clinical care for university populations is of more importance than ever.

Program Purpose and Description

Training goals for the externship program at CAPS are two-fold:

- Improvement of clinical skills for pre-doctoral psychology students working with a diverse population of young adults, providing psychodynamic psychotherapy and assessment.
- Development of the training psychologists’ professional knowledge, skills and attitudes, in preparation for their internship year.

The 10-month externship will begin September 9, 2014 and end May 30, 2015. Externs carry a caseload of approximately eight clients. Externs may have the opportunity to co-lead groups and conduct intake interviews, depending on trainee readiness. Each extern will have two supervisors for clinical work, one a senior staff clinician and the other an intern from an APA-accredited doctoral psychology program. Up to four externs are accepted each year.

Anticipated Weekly Schedule

Individual psychotherapy (8 hours maximum)
Intakes/assessments (2 hours, depending on trainee readiness)
Group therapy/Mindfulness Meditation (2 hours, depending on trainee readiness)
Individual supervision (2 hours)
Team meetings, staff development (1 hour)
Psychotherapy Seminar (1 hour)
Approximately 16-20 hours total (including paperwork).
Program Philosophy

The primary theoretical orientation of the majority of supervising clinicians at SBU’s CAPS is contemporary psychodynamic (relational/intersubjective). Practicum training focuses on developing a strong grounding in this approach; externs learn contemporary psychodynamic theory and practice as applied to a student population. Beginning trainees are welcome; also, many who have previously only had exposure to cognitive behavioral theory and practice have been trained in psychodynamic work with us. In practice and training we have integrated alternate treatment modalities (CBT, SFFT, Motivational Interviewing, DBT, Mindfulness, etc.), so that we now consider ourselves an integrative psychodynamic program. For externs more advanced in psychodynamic theory and practice, techniques from these other modalities may be woven into our essentially psychodynamic philosophy of understanding clinical phenomena.

Our integrative psychodynamic approach to treatment is reflected in practicum training as follows: during the psychotherapy seminar, externs review Object Relations and Self Psychological theories, leading to a strong foundation in contemporary analytic theory. While understanding personality development and psychopathology from this perspective, training also focuses on principles of change and varieties of therapeutic technique. Through didactics and supervision, trainees may learn how to hold true to a central philosophy of mind while at the same time expanding their technical repertoire, taking into consideration the presenting problems, deficits, and capacities of the individual client.

This approach is especially fruitful in working with a student population, whose developmental trajectories are still unfolding and whose diversity challenges clinical categorizations: some may come in simply needing solution-focused reminders of their strengths; others may need practice at challenging negative cognitions. Some present with complex interplays of history, culture, language and sexual orientation; while others need corrective relational experiences to challenge maladaptive internal representations of self with other. As college students, clients often have the capacities – and the willingness – to change. Thus, trainees have the opportunity to actually witness the impact of their interventions: to see what works, for whom, and why. The use of assessments is woven into a clinician’s understanding, not only of what needs treatment, but how treatment might best be utilized towards optimal change.

Testing Batteries

Assessments include partial to full standardized batteries, including projectives: along with the WAIS-R, for example, externs will use the TAT and Rorschach to answer questions pertaining to cognitive, personality, and diagnostic issues. Supervisors will focus on integrating and interpreting data for reports. Depending on reasons for assessment referral, discussions will include ways in which results may be useful for the referring source. Supervisors will also work with you to provide feedback to the client about test results.
This externship does not require the completion of testing batteries; it is available to externs at their request and is dependent on their level of readiness.

**Application Procedures**

All pre-doctoral psychology students may apply. Early trainees are welcome, as long as they have had some sort of clinical experience prior to attending. We ask that letters of recommendation be submitted from a supervisor (if possible) who is familiar with your clinical work. Qualified applicants will be invited to interview with CAPS staff.

Interested applicants should send the following:

1. Curriculum Vitae
2. Letter of interest
3. Statement of readiness from academic program
4. Sample report/s (Intake preferred; for those externs wishing to conduct testing an integrated report should also be submitted)
5. One letter of recommendation

Applications should be mailed to:

Julian Pessier, Ph.D., Interim Associate Dean and Director
Stony Brook University Counseling and Psychological Services (CAPS)
Student Health Services Building
Stadium Road
Stony Brook, NY 11794-3100
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**Statement of non-discrimination (P102R):**

Consistent with federal and state guidelines, Stony Brook University does not discriminate on the basis of any protected class including race, religion, sex, sexual orientation, gender identity, color, national origin, age, disability, marital status or status as a veteran or disabled veteran in its educational programs or in employment. Title IX also prohibits other forms of sex discrimination such as harassment or sexual violence.

Complaints of suspected violations of these policies should be made to:

**Raul Sanchez, MA, JD,** Senior Director for Title IX and Risk Management 201 Administration Building Stony Brook, NY 11794-0251 Phone:631.632.6280 Fax 631.632.9428 E-mail: Raul.Sanchez@stonybrook.edu or to one of the Title IX sub-coordinators www.stonybrook.edu/titleix.