



**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-informed, and healing-informed, approach. We have three tracks: 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 Psychiatry merged to create a regional center for school based mental health: The MedStar Georgetown Center for Wellbeing in School Environments (WISE Center). This partnership seeks to expand access to our high-quality, multidisciplinary school-based experts in direct clinical service and trauma-informed whole-school programming; train the next generation of mental health practitioners, skilled in the application of evidence-based clinical knowledge to individuals, families, and systems; and provide deeper evaluation of programmatic outcomes and disseminate knowledge in the wider educational and mental health communities.

Externs are placed within our partnering school systems, each of which are well-experienced at utilizing and valuing the important role of doctoral externs. These schools 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 approach** to the services we provide to schools and training we provide to externs.

Our externship is intended for advanced doctoral students (e.g., rising 3rd year or above) in clinical psychology. Supervised by an attending psychologist via The WISE Center, doctoral externs will provide 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 provided to students with unmet needs, as well as their caregivers, when appropriate. Candidates for therapy are screened as a part of our whole-school programming and consultation, reserving therapeutic intervention for those students and families with the highest needs, most barriers to receiving community care, and lack of significant progress following environmental and academic modifications, as recommended by our team.

Psychodiagnostic Assessment: Externs utilize various tools (structured observations, semi-structured interviews, parent- and teacher-report forms) to collect thorough data prior to the start of treatment and during the course of treatment. Externs construct comprehensive psychodiagnostic reports that are utilized to facilitate conceptualization and treatment planning.

Consultation and Teacher Wellbeing: Externs also participate in consultation to school leaders, mental health staff, and teachers, in conjunction with psychotherapy, in order to improve mental health awareness and enhance classroom/school functioning for students with mental health needs. If interested, externs can elect to support teachers directly through WISE's teacher wellbeing initiatives, including but not limited to direct psychotherapy for teachers and staff.

Parent Engagement: Although not required, externs have the opportunity to participate in leading parent engagement groups through our **CEO (Caregivers Empowering (each) Other) Program**. Each group meets for 6 weeks to discuss parental self-care and other important topics for parents. Groups are conducted in 2 different formats: In-person and via Telehealth (Zoom or Google Meet) technology.

Doctoral externs also will receive opportunities to:

- Interface with a multidisciplinary team of school-based mental health providers (e.g., school based social workers, school psychologists, psychiatrists, etc.)
- Aid in disseminating evidence-based programs to school personnel at multiple levels (e.g., general education classroom behavior management programs)
- Consult on individual student behavior management plans
- Orchestrate and lead caregiver educational/training groups and seminars on a variety of topics (e.g., supporting your child through grief/loss, behavior management training, appropriate developmental expectations)
- Co-facilitate professional development workshop for school staff

Supervision:

Individual in-person weekly supervision will be provided by licensed clinical psychologists. A primary focus of supervision is increasing the extern's understanding of the importance of multiculturalism in the treatment process. Supervision models with a cultural basis are utilized throughout the training process.

All externs will also have the opportunity to take part in quarterly group supervision with other psychology externs to gain broader viewpoints and a greater understanding of the interface of psychotherapy, community mental health, and hospital medical care. Externs will also have the opportunity to take part in weekly interdisciplinary group supervision and/or consultation with other externs, school-based social workers, school-based psychologists, and school-based psychiatrists. Given our faculty's strong commitment to training, externs are afforded the opportunity to collaborate with many experts in our field, depending on their specific interests.

Didactics:

- School Based Externs are not required but are strongly encouraged to participate in weekly didactics focused on various topics included but not limited to topics such as maternal mental health, Parent Child Interaction Therapy, Dialectical Behavioral Therapy.
- School Based Externs are encouraged to participate in Monthly Departmental Didactics facilitated by world renowned researchers and practitioners

Qualifications:

Applicants should be doctoral externs in Clinical, Counseling, or School Psychology entering their 3rd year or higher and have experience delivering psychotherapy.

Time Requirement:

Two days per week (~8:00am to 4:30pm) is preferred. One day per week rotations are considered, if applicable.

- Rotations available on Mondays, Wednesday, Thursdays and Fridays
- Attendance is required at quarterly group supervision meetings that occur 4 times a year on Tuesday mornings from 9-10a

To note, only 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.

To apply:

***We will begin accepting applications Monday January 3, 2022.**

Please send the following information to the email address below:

- Letter of Interest, *stating the specific track(s) in which you are interested*
- CV
- 2 letters of recommendation from current or previous clinical supervisors
- 1 recent assessment report

****If interested in the school-based track, please email training@medstarwise.org, and cc Dr. Denisha Carter (Denisha@medstarwise.org) and Ms. Jordan Smith (Jordan.L.Smith@gunet.georgetown.edu).**

****If interested in the outpatient mental health track, please email Dr. Denisha Carter (Denisha.L.Carter@gunet.georgetown.edu) and Ms. Jordan Smith (Jordan.L.Smith@gunet.georgetown.edu).**

Application deadline:

February 7, 2022 or before. Offers are extended on a rolling basis; however, externs are not required to accept or decline offers until Consortium Match Day.

Location for MedStar Georgetown WISE Center track:

DC Public Schools and DC Public charter schools partnering with the WISE Center for mental health consultation and support.

Contact Information:

Denisha Carter, Psy.D.

Co-Director of Clinical Training

MedStar Georgetown University Hospital

Department of Psychiatry

Center for Wellbeing in School Environments

Email: denisha@medstarwise.org/denisha.l.carter@gunet.georgetown.edu

Megan Polanin, PhD

Co-Director of Clinical Training

MedStar Georgetown University Hospital

Department of Psychiatry

Center for Wellbeing in School Environments

Email: meganp@medstarwise.org/Megan.K.Polanin@gunet.georgetown.edu