



**Mount
Sinai**

Behavioral
Health Center

Clinical Psychology Internship Training Program

**Doctoral Internship Program in Health Service Psychology
located at the Mount Sinai-Behavioral Health Center**

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For additional information or a copy of our full program handbook contact:
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American Psychological Association-Accredited Program. Last accredited
2024 (for 10 years).

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Overview

The **Clinical Psychology Internship Training Program** at the **Mount Sinai-Behavioral Health Center (MSBHC)** offers a rigorous, one-year, full-time training experience in the heart of New York City. Located in a newly renovated, state-of-the-art facility on the Lower East Side, MSBHC provides comprehensive mental health, substance use, and primary care services all under one roof. As part of the Mount Sinai Health System, the Center is connected to the Icahn School of Medicine at Mount Sinai and continues to serve as a major academic teaching site.

Our program offers a fast-paced generalist training experience in a dynamic urban behavioral health setting. MSBHC serves children, adults, and older adults from diverse cultural, socioeconomic, and psychosocial backgrounds, presenting with a wide range of DSM-5 diagnoses, including significant mood, anxiety, personality, and substance use disorders. A distinctive feature of the Center is the integration of higher levels of care—**in-patient units, a partial hospitalization program (PHP), and an intensive out-patient (IOP) program**—which allow trainees to follow patients across the continuum of treatment. Clinical interventions are grounded in evidence-based approaches, drawing from psychodynamic, cognitive behavioral theory, dialectical behavioral theory, family systems, and trauma-focused traditions. Our facility operates on a hybrid model, with a majority of services provided in-person, and some availability of telehealth.

Our program has been accredited by the American Psychological Association (APA) since 1983 and received re-accreditation for the maximum 10-year period in 2024. Each year, **six psychology interns** join a vibrant community of interdisciplinary trainees that includes psychiatry residents, medical students, postdoctoral fellows, and psychology externs. Interns are considered valued members of the clinical and academic community, contributing meaningfully to patient care while receiving intensive supervision and training. Our program salary is commensurate with New York City averages, offers employer-paid health care benefits, and adheres to a 37.5 hour work week.

Training Philosophy and Competencies

Our training program is grounded in the **local clinical scientist model**, which views the clinical setting as a laboratory where scientific thinking, critical observation, and evidence-based practices are applied to real-world cases. We emphasize flexibility, cultural humility, and ethical responsibility in all aspects of training.

APA Profession-Wide Competencies Developed:

- Research
- Ethical and legal standards
- Individual and cultural diversity
- Professional values and behaviors
- Communication and interpersonal skills
- Neuropsychological and personality assessment
- Intervention
- Supervision
- Consultation and interprofessional/interdisciplinary skills

All trainees across disciplines are expected to adhere to Mount Sinai's core values and standards for professionalism. We emphasize the importance of considering the influences of one's life experiences and circumstances on our clients and clinicians alike. In that vein, we are deeply committed to serving underserved and vulnerable populations and to recruiting diverse staff.

Clinical and Didactic Offerings

Interns train across a broad range of services, working with children, adults, families, and geriatric patients in both out-patient and in-patient contexts. This range ensures exposure to diverse clinical presentations and systems of care.

The internship training experience comprises three, four-month rotations, including one adult out-patient, one child out-patient, and one adult in-patient rotation. Interns also opt for an elective rotation from the following options: Addictions, IOP/PHP, and Family Therapy. Clinical experiences include intakes, individual/group psychotherapy, couples/family therapy, in-patient work, and psychological testing.

Training Settings:

- **Integrated Outpatient Services (IOS):** Adult, child/adolescent, couples, and family therapy, intake assessments, group and individual interventions
- **Inpatient Units:** Dual diagnosis and geriatric/general adult units, group, and individual interventions
- **Addiction Services:** Detox/rehabilitation unit and out-patient substance use treatment
- **Partial Hospitalization/Intensive Outpatient Program:** Structured treatment for complex psychiatric needs
- **Comprehensive Evaluation Service:** Comprehensive diagnostic intakes, triage, and urgent-need evaluations
- **Specialty Programs:** Family and child trauma, Alliance-Focused Treatment

Clinical Work:

- 8-10 total adult outpatient cases
- One-to-two child outpatient cases
- One-to-two family and/or couples cases
- Two outpatient groups
- One-to-two rotation- or elective-specific individual cases and groups
- Three psychological testing batteries

In addition to the above, didactics, seminars, case conferences, professional development, and process groups are key components of the training year. Extensive supervision, consultation, and mentorship is embedded into the internship program as outlined further below. Lastly, opportunities to gain supervisory experiences are incorporated into the internship as well, with all interns supervising an extern and providing as needed mentorship to more junior trainees.

Didactic Curriculum:

- **Orientation Seminars:**
 - Risk assessment; mock admission; hospital policies
- **Weekly Intern Seminars:**
 - Evidence-based treatments, e.g., cognitive processing therapy, mentalization, transference-focused psychotherapy, group psychotherapy
 - Specialized approaches, e.g., motivational interviewing, harm reduction, cognitive behavioral therapy for substance use disorders, psychopharmacology, treating psychosis, eating disorders, etc.
 - Approaches to clinical supervision
- **Weekly Lectures:**
 - Trauma and resilience, family systems therapy, cross-cultural issues
 - Neuropsychological assessment
- **Psychiatry and Psychology Grand Rounds:**
 - Rotating topics and current research

At the end of the training year, the intern cohort is also invited to present at Psychiatry Grand Rounds on a topic of their choosing. This is an exciting opportunity to showcase our interns' hard work and expertise gained over the training year—and it's always a favorite department event.

Supervision and Evaluation

Supervision:

Supervision is central to the MSBHC internship experience. Interns receive:

- **Two hours of individual supervision per week** from one MSBHC clinical faculty member and one external MSBHC voluntary faculty supervisor
- **A minimum of four or more hours of group supervision per week** from child, family, group, and testing supervisors
- Immediate access to supervisors in the event of emergencies or urgent consultation on cases, either in person or via tele-health
- Live observed supervision (for family therapy), videotape review, and interdisciplinary peer consultation

This structure ensures that interns receive close guidance, constructive feedback, and opportunities to reflect on their growth throughout the year. In-person supervision is prioritized and required for particular cases and clinical circumstances. Tele-supervision is a supported modality but not a default replacement for in-person supervision. It is intended to enhance adaptability to variable training demands and accessibility to a diverse range of supervision approaches. Tele-supervision uses HIPAA-compliant platforms, complies with state licensing board and APA guidelines, and maintains the same ethical standards as in-person supervision.

Evaluation:

Receiving constructive feedback about progress in developing Profession-Wide Competencies is important. Throughout their training year, interns are actively supported towards developing competency across core APA Profession-Wide Competencies as defined by the Training Philosophy and Competencies (see above). This ensures that interns are well-equipped for postdoctoral training and progression toward independent licensure.

Faculty meet routinely to discuss intern strengths and areas in which further development is required. Supervisors are encouraged to provide interns with regular (formative) feedback throughout the year. Formal evaluations are provided to interns at the end of each rotation. Formal summative evaluations are also provided tri-annually. All formal feedback about intern performance is completed using the Psychology Intern: Assessment of Profession-Wide Competencies assessment tool, which uses a series of graded evaluations reflecting increasing levels of skill and professional independence. Evaluations are based on a combination of data sources, including direct observation (live or electronic), discussion, review of written work, case presentation, and consultation with other staff. Profession-Wide Competencies are rated according to the following scale:

1. "Needs Remedial Work"
2. "Entry Level Competence"

3. "Evolving Competence"
4. "Competent" **This level of competence indicates readiness for entry-level practice upon successful completion of the internship training experience.*
5. "Advanced Competence"

The minimum required standard for successful completion of the internship program is ratings of 4 ("competent") on all behavioral anchors for each profession-wide competency. This "minimum level of achievement (MLA)" demonstrates readiness for entry-level practice in that interns can independently and consistently apply skills in their work and effectively utilize skills when needed, including in new situations. Interns have an opportunity to discuss formal evaluations with their supervisors before signing them.

For interns who are not meeting performance standards, their specific challenges are discussed preemptively, and a remediation plan, if needed, is provided with a clear definition of what problems need to be resolved and the steps to take to achieve remediation. In the case that remediation is ineffective, a formal review process is followed as outlined at the program and institutional levels, with termination from the program a possibility. Throughout the performance reviews, remediation plan and outcomes, interns have a right to due process and to pursue formal grievance procedures.

There are institutional policies defining avenues of appeal that allow interns to file grievances against the training program and dispute program decisions. These policies are reviewed with interns at the beginning of the training year. Formal grievance and termination policies can be found in the complete training handbook.

Interns who succeed in completing training requirements are provided signed certificates of completion at the end of the year. In conformance with the Standards of Accreditation, the internship program permanently maintains an accurate record of training hours and experiences, evaluations, formal complaints or grievances, and certificates of completion.

Benefits and Support

Interns are considered valued colleagues within the Department of Psychiatry and are integrated into a vibrant, multidisciplinary community. The culture of the program is one of openness, respect, and dedication to clinical service, with trainees from Psychology, Psychiatry, and Social Work, including medical students. The relationship between Psychiatry and Psychology faculty and trainees is strongly collegial, fostering a supportive and collaborative work environment. Faculty make consistent efforts to be available for ad hoc supervision and professional mentorship, fostering growth and self-reliance as the year progresses. Interns have considerable input in selecting their clinical experiences while maintaining the required elements of the program.

Psychology interns at MSBHC receive a comprehensive benefits package and an annual salary of **\$55,000**. All positions are fully funded with stable administrative backing. Benefits include health, vision, dental, and disability insurances, maternity, family, and medical leaves, and other institutional supports. Interns contribute nominally to health insurance costs. In line with Mount Sinai policies, all interns are allotted **19 PTO days** and **8 legal holidays**.

Additional supports include:

- **Office Space and Resources:** Shared office spaces in IOS with computers, phones, and full clerical support.
- **Administrative and IT Support:** Assistance with scheduling, referrals, and technology troubleshooting.
- **Library Access:** Full privileges at the Levy Library at the Icahn School of Medicine at Mount Sinai.
- **Employee Health Services:** Access to medical care, vaccinations, and wellness support during the year.

Application Information

The MSBHC internship offers intensive training in an academic medical setting, exposure to highly diverse patient populations, and mentorship from faculty dedicated to the growth of future psychologists. Graduates of our training program leave well-prepared for advanced training and careers across clinical, academic, and medical settings.

Eligibility Criteria:

- Doctoral student in an APA-accredited Clinical or Counseling Psychology program
- Completed at least three years of graduate coursework
- Accrued a minimum of 600 supervised clinical hours

Application Details:

- Applications accepted exclusively through **Association of Psychology Postdoctoral and Internship Centers Application for Psychology Internships (AAPI) Online Portal** (on the Association of Psychology Postdoctoral and Internship Centers (APPIC) website).
- Deadline: **Sunday, November 1**
- APPIC Program Code: **1464**

Interview and Selection Process:

- 60 applicants are invited to interview and 40 are ranked for the APPIC match.
- Interviews are conducted **virtually** on select dates in December and January.
- Applicants first attend an introduction/informational session and subsequently meet with faculty members for interviewing.
- Several informal Q&A sessions are also hosted by current interns.
- This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant.

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This brochure provides a brief overview and summary of key features of the **Clinical Psychology Internship Training Program** at the **Mount Sinai-Behavioral Health Center**. All interested parties may request the extended Internship Handbook by contacting the Internship Training Director/Associate Training Director at Elizabeth.Ochoa@mountsinai.org or Camila.Rivera-Morales@mountsinai.org.