



The Predoctoral Externship Training Program in Rehabilitation Psychology and Clinical Neuropsychology

Dear Prospective Applicant,

The Department of Rehabilitation Medicine at The Mount Sinai Medical Center is pleased to announce its Predoctoral Externship Training Program in Rehabilitation Psychology and Clinical Neuropsychology for 2020-2021. The Department of Rehabilitation Medicine is dedicated to providing trainees unique opportunities to work in a large, diverse, urban medical center, with a special emphasis on assessment and treatment of individuals with a range of physical and cognitive disabilities. Internationally recognized as a leader in brain injury and spinal cord injury research and clinical care, the Department of Rehabilitation Medicine places a particular emphasis on providing services to individuals who have experienced traumatic brain injury, stroke, spinal cord injury, limb loss or other disorders of the nervous system. Reflecting this specialty, the Predoctoral Externship Training Program offers **2** distinct tracks to choose from in 2020-2021, allowing opportunities for trainees to work with individuals at different stages of recovery from brain injury.

Prospective applicants will find detailed descriptions of each of the tracks – **Acute Inpatient** and **Outpatient** – in the pages that follow. Please note that the clinical requirements for each track (e.g., minimal hours per week, required days, etc.) and/or the application requirements may differ. Also note that each track is coordinated by a separate member of the training faculty. Therefore, while we strongly encourage applicants to apply to both tracks, separate electronic applications and supporting materials are required for **each** track, and need to be sent to the appropriate coordinator(s).

The Department of Rehabilitation Medicine follows the application guidelines set forth by PSYDNYS and NYNJADOT. In accordance with the most recent guidelines for 2020-2021, we will begin to review applications no earlier than January, 2020 and interviews will be conducted through February, 2020.

We are excited that you are considering the Department of Rehabilitation Medicine as a part of your doctoral training experience, and we encourage you to read this brochure thoroughly to learn more about our comprehensive program and its respective tracks.

Sincerely,

Wayne A. Gordon, Ph.D., ABPP/Cn
Jack Nash Professor,
Vice Chair, Department of Rehabilitation Medicine
Mount Sinai School of Medicine



Track 1: Acute Inpatient Rehabilitation Psychology

INTRODUCTION

Housed within the Department of Rehabilitation Medicine's Mount Sinai Rehabilitation Center, **Track 1** offers **2-3** externship positions in acute inpatient rehabilitation psychology for the 2020-2021 academic year. The goal of this track is to expose externs to an inpatient multidisciplinary approach to patient care, and to provide them with unique training opportunities in areas of trauma, medical disability, brain injury, spinal cord injury, limb loss, behavioral medicine, brief neuropsychological assessment, and cognitive remediation. Upon completion of their training year, externs will have a greater understanding of how – in the acute phase of recovery – physical, cognitive, and emotional disabilities may impact functioning at the individual, familial, and societal levels.

THE MOUNT SINAI REHABILITATION CENTER

The Mount Sinai Rehabilitation Center is one of several mini-hospitals located within Mount Sinai Medical Center that focus on caring for patients with similar rehabilitation needs. In addition to its comprehensive Acute Care and Outpatient Services, The Rehabilitation Center has 50 acute inpatient rehabilitation beds, distributed across two units in the Klingenstein Clinical Center (KCC). KCC-2 focuses on the needs of individuals with primarily functional disabilities (e.g., spinal cord injury), while KCC-3 focuses on the needs of individuals with primarily cognitive disabilities (e.g., traumatic brain injury, stroke). Additionally, both units address general rehabilitation needs of individuals following debilitating medical illnesses and surgical interventions (e.g., amputation liver transplants, cardiac surgery, hip and knee replacements, multiple sclerosis, etc.). Services are provided to adolescents and adults. The Committee on Accreditation of Rehabilitation Facilities (CARF) accredits five of Mount Sinai's inpatient specialty programs: SCI, TBI, Stroke, Amputation, and Medically Complex. The Rehabilitation Center is also home to the Department of Rehabilitation Medicine's *APA-accredited Pre-Doctoral Internship in Clinical Psychology*.

FRAMEWORK OF TRACK 1

During the training year externs will be supervised by three inpatient training faculty across the two floors:

While on the KCC-3 service, externs will work closely with staff psychologists to gain a deeper understanding of assessment and treatment of patients in the acute phase of recovery from traumatic and non-traumatic brain injuries. Clinical responsibilities will include individual supportive therapy and cognitive remediation, primarily for stroke patients. Externs will also participate in a cognitive remediation group for brain injured individuals, including those with CVA, traumatic brain injury, brain tumors, aneurysm, and anoxic encephalopathy. Trainees will also be exposed to neuropsychological assessment and treatment, themselves conducting brief neurocognitive screenings and focal batteries to identify CVA-related cognitive deficits. Interns will also have the opportunity to conduct brief neuropsychological assessment batteries as part of a research protocol in the inpatient setting.

While on the KCC-2 service, externs will be exposed to a diverse population of patients with functional disabilities. The primary focus of this rotation is clinical assessment and treatment, with externs providing individual supportive therapy to patients and families. Externs will also see a variety of medically-complex patients, suffering from a wide range of neurological, orthopedic, cardiac, medical, and traumatic injuries. Common impairments include bone fracture, joint replacement, acquired neuromuscular disorders, cardiac deconditioning, post-surgical deconditioning, amputation, cancer, multiple sclerosis, and those who have undergone organ transplant. There is also a growing opportunity to engage in treatment with patient with spinal cord injury. Although limited in scope, externs will conduct brief neurocognitive screenings and focal batteries to help differentiate cognitive deficits related to dementia, acquired brain injuries, metabolic disturbances, and/or neurological conditions.

Externs will be involved in approximately **8-10 hours/week** of direct patient contact while on their respective rotations.

SUPERVISION & DIDACTICS

Externs will receive 1 hour/week of individual supervision from licensed psychologists on their respective inpatient rotations, which is typically divided into two 30 minute sessions with two different supervisors. As the training year progresses, externs will also have increasing opportunities receive additional supervisory support from pre-doctoral interns. Externs from Tracks 1 & 2 will also join the department's postdoctoral fellows and interns for a weekly didactic seminar series together, which includes both formal lectures and clinical case presentations. Other experiences *may* include (schedules permitting) multidisciplinary rounds and Department of Rehabilitation Medicine Grand Rounds.

INPATIENT FACULTY:

Sabrina Breed, Ph.D. – Dr. Breed is the Director of the Predoctoral Internship, and a Senior Clinical Psychologist in the Department of Rehabilitation Medicine. Dr. Breed serves as a supervisor of trainees on the inpatient brain injury service, and is a presenter at select seminars within the training program. Dr. Breed received her Doctorate in Clinical Psychology from Fairleigh Dickinson University, and completed a two-year Postdoctoral Fellowship in Advanced Rehabilitation Research in the Department. Her clinical interests include acute treatment of individuals with brain injury, psychosocial adjustment after brain injury, aging with a disability, program development for individuals with brain injury, and work in group modalities.

Angela Riccobono, Ph.D. – Dr. Riccobono is a Senior Clinical Psychologist in the Department of Rehabilitation Medicine. Dr. Riccobono's area of clinical specialization is acute treatment of individuals with spinal cord injury. She supervises trainees on the inpatient spinal cord service and is a presenter at select seminars within the internship program. Her primary interest is the psychosocial and adjustment issues of individuals with SCI, particularly the areas of family adjustment, parenting, and sexuality after spinal cord injury. Dr. Riccobono provides leadership and consultation for SCI programming on both inpatient and outpatient services, particularly the Do-It, Life Challenge, and Peer Mentoring programs. Other interests include health psychology, psychotherapeutic group interventions, and spirituality and psychotherapy. Dr. Riccobono received her Doctorate in Health Psychology from Yeshiva University.

Cristina Parfene, Psy.D. – Dr. Parfene is a Clinical Neuropsychologist in the Department of Rehabilitation Medicine, Director of the Predoctoral Externship, a supervisor of trainees on the inpatient brain injury service, and a presenter at select seminars within the program. Dr. Parfene received her Doctorate in Clinical Psychology within the Neuropsychology subspecialty program at the Georgia School of Professional Psychology. She completed a two-year Postdoctoral Fellowship in Clinical Neuropsychology at the Weill Cornell Medical College / NY Presbyterian Hospital, serving as an inpatient provider in the Psychiatry and Neurorehabilitation Medicine departments. Her clinical and research interests include neuropsychological assessment, outcome / recovery after neurological injury, and neuropsychiatric dysfunction in older adults.

REQUIREMENTS:

Track 1 is accepting applications from current advanced-level doctoral students from clinical, counseling, neuropsychological, rehabilitation, school, or health psychology programs. All applicants must have at least one year of prior psychological testing experience **and** at least 2 years of prior doctoral-level clinical experience. While prior neuropsychological testing experience is preferred, it is not required. Externs must be available **20-hours/week**, distributed over 3 days that are not sequential (i.e., M/Th/F is satisfactory, but not W/Th/F). All externs must be on site on Thursday afternoons from 1pm to 5:00pm for Didactic Seminars and Group Supervision.

The externship will begin in July, 2020, with externs expected to start the first week full week following Independence Day. The program will formally run through June, 2021.

Externs will have the following formal holidays off: Labor Day, Thanksgiving Day; Christmas Day, New Year's Day; MLK Jr's Birthday; Presidents' Day, and Memorial Day.

Independent of each student's doctoral program-specific attendance requirements, the Inpatient Psychology Service stipulates that students in Track 1 may miss the equivalent of 10 full externship days during the training year. Students whose absences exceed 10 days may be expected to extend their traineeship in order to complete the program.

If you are interested in applying, please send – **via email** – a cover letter, a curriculum vitae, a work sample (intake or testing report), and 2 letters of recommendation, addressed to:

Cristina Parfene, Psy.D., Coordinator of Externship Training – Track 1
Clinical Neuropsychologist
The Mount Sinai Rehabilitation Center
The Mount Sinai Medical Center
(212) 241-4196
cristina.parfene@mountsinai.org



Track 2: Outpatient Rehabilitation Psychology

INTRODUCTION

Housed within the Department of Rehabilitation Medicine's Mount Sinai Rehabilitation Center, **Track 2** offers **3** externship positions in outpatient clinical rehabilitation psychology for the 2020-2021 academic year. The goal of this track is to provide externs with clinical experience in an outpatient multidisciplinary setting in the areas of brain injury, behavioral medicine, neuropsychological assessment, group interventions, and cognitive remediation. All clients served will be adults. Upon completion of the program, externs will have a greater understanding of how, in post-acute phases of recovery, physical, cognitive, and emotional disabilities impact functioning at the individual, familial, and societal levels.

THE MOUNT SINAI REHABILITATION CENTER

The Mount Sinai Rehabilitation Center is one of several mini-hospitals located within Mount Sinai Medical Center that focus on caring for patients with similar rehabilitation needs. In addition to its 86 acute inpatient rehabilitation beds, the Rehabilitation Center has a comprehensive Outpatient Service, located in the Center for Advanced Medicine. This multidisciplinary program is staffed by Occupational, Physical, Speech, Vocational, and Social services, in addition to Neuropsychological and Neurorehabilitation Psychologists. The Committee on Accreditation of Rehabilitation Facilities (CARF) accredits 3 rehabilitation outpatient specialty programs: SCI, TBI, and Stroke. The Rehabilitation Center is also home to the Department of Rehabilitation Medicine's *APA-accredited Pre-Doctoral Internship in Clinical Psychology*.

FRAMEWORK OF EXTERNSHIP

Supervised clinical experiences

All externs will participate in the following outpatient clinical experiences:

- Conduct individual cognitive remediation interventions with the assigned patients
- Lead psychotherapy, remediation, and psycho education groups in a non-traditional day treatment program for brain injured adults
- Act as an advisor to adults with brain injury participating in the clinical day treatment group
- Participate as a member of the interdisciplinary team
- Conduct neuropsychological evaluations (if third year student or above)
- Receive weekly individual and group supervision for clinical activities

Clinical Skills

All externs, with guidance and supervision, will be expected to:

- Collect relevant medical and psychosocial information from relevant service providers and family members
- Observe initial clinical interview to assess psychological state
- Co-lead cognitive remediation groups
- Provide attention processing training
- Lead psychoeducational groups for adults with brain injuries
- Teach use of compensatory strategies in a group setting
- Systematically provide appropriate levels of cuing for differing members of the TBI group
- Perform neuropsychological testing. All testing experience is adapted to the educational experience of the student and the full battery administration experience is predicated on third year or above level of training
- Participate in family conferences and team meetings
- Complete necessary documentation in a timely manner
- Actively expand knowledge base through reading, literature review, etc.
- Develop and implement group treatment module for moderate brain injured patients

Externs will be involved in approximately **8-10 hours/week** of direct patient contact while on the Outpatient Service.

SUPERVISION & DIDACTICS

Externs will receive 1/2 hour/week of individual supervision from licensed psychologists while on the Outpatient Service, and one hour of group supervision with the outpatient externship class. As the training year progresses, externs will also have increasing opportunities to receive additional supervisory support from pre-doctoral interns. Externs from Tracks 1 & 2 will also join the department's postdoctoral fellows and interns for a weekly didactic seminar series together, which includes both formal lectures and clinical case presentations. Other experiences *may* include (schedules permitting) multidisciplinary rounds, Rehabilitation Medicine Grand Rounds, and/or hospital-wide Grand Rounds.

OUTPATIENT FACULTY:

Svetlana Serova, Ph.D. - Dr. Serova is a Senior Clinical Psychologist in the Department of Rehabilitation Medicine and the coordinator of Track 2 of the Predoctoral Externship. Dr. Serova serves as a supervisor of trainees on the Outpatient Service, and is a presenter at select seminars within the training program. Dr. Serova received her doctorate in Clinical Health Psychology from University of North Texas, and joined our department after completing a post-doctoral fellowship in Advanced Rehabilitation Research and Clinical Neuropsychology at the Brain Injury Research Center at the Mount Sinai School of Medicine. She brings an expertise in group therapy and neuropsychological assessment, as well as cognitive remediation. Dr. Serova is fluent in Russian and offers supervision for assessment and treatment services provided in Russian.

The department is currently in the process of hiring a second outpatient faculty member.

REQUIREMENTS:

Track 2 is accepting applications from current advanced-level doctoral students from clinical, counseling, neuropsychological, rehabilitation, school, or health psychology programs. All applicants must have at least one year of prior psychological testing experience **and** at least 2 years of prior clinical experience. While prior neuropsychological testing experience is preferred, it is not required. Externs are expected to be on site **20 hours/week** and must be able to work at least two of the following three days – Monday, Wednesday, and Thursday – in addition to other days, as necessary, to meet the requirements of the training program (to be arranged by supervisor and extern). All externs must be on site on Thursday afternoons from 1pm to 5:00pm for Didactic Seminars and Group Supervision.

The externship will begin in July, 2020, with externs expected to start the first week full week following Independence Day. The program will formally run through June, 2021.

Externs will have the following formal holidays off: Labor Day, Thanksgiving Day; Christmas Day, New Year's Day; MLK Jr's Birthday; Presidents' Day, and Memorial Day.

Independent of each student's doctoral program-specific attendance requirements, the Inpatient Psychology Service stipulates that students in Track 2 may miss the equivalent of 10 full externship days during the training year. Students whose absences exceed 10 days may be expected to extend their externship in order to complete the program.

If you are interested in applying, please send – **via email** – a cover letter, a curriculum vitae, a work sample (intake or testing report), and 2 letters of recommendation, addressed to:

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