

Internship Program Admissions

Date Program Tables are updated: September 1, 2019

Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program's policies on intern selection and practicum and academic preparation requirements:

The Work Environment

Mount Sinai Beth Israel Medical Center (MSBI) is part of the Mount Sinai Health System, of New York City. The MSBI Medical Center is a major teaching hospital for the Icahn School of Medicine.

The Department of Psychiatry and Division of Psychology

The Department of Psychiatry is one of the largest clinical departments in the MSBI Medical Center. It is also a strong academic department, valuing research and educational productivity. The professional staff is multidisciplinary and includes psychiatrists, psychologists, social workers, nurses, and other allied health professionals. In addition, the Department also has an active voluntary staff, representing Psychiatrists and Psychologists in the community. In addition to the six Psychology Interns, there are a host of other trainees, including 50 psychiatric residents, 48 third year students from the Icahn School of Medicine at Mount Sinai, Psychiatry and Psychology Fellows, and 28 psychology externs from local universities. Collaboration between disciplines is highly valued and strong and serves as the foundation of patient care and professional training.

The clinical psychology internship program at Mount Sinai Beth Israel was re-accredited in **2015** for a full seven years by the Office of Program Consultation and Accreditation of the American Psychological Association through **2022**.

Our Patients

The Psychiatry Department's patient population is quite large and is quite diverse in age, gender, culture, race, ethnicity, sexual orientation, and socioeconomic status, making it an ideal environment for training Psychology interns. Mt. Sinai Beth Israel has a longstanding tradition of serving underrepresented individuals from Manhattan, the Lower East Side of New York, Brooklyn, and the Bronx. Patients range in age from children as young as two years old to adults over 90 years. Patients typically present with co-morbid psychiatric diagnoses that include the majority of DSM-V disorders, especially personality disorders. Substance abuse co-morbidity in our population is very high as are histories of multiple and complex traumas. Our patient population tends to have multiple psychosocial stressors.

Our Training Philosophy

Our clinical psychology internship program is founded on the principles and values of the *local clinical scientist model* (as articulated by Stricker and Trierweiler in Volume 50, Number 12 of the American Psychologist). The model values: receptivity to a multiplicity of approaches to a problem, empirical support tempered by a skepticism about any foreclosed certainty; professional responsibility and knowledge; ongoing awareness of personal biases and their impact on observation; attunement to the ethical implications of interventions; collegial interaction and feedback.

With its emphasis on uniqueness and context, and on understanding that which is specific to a particular cultural group, the local clinical scientific model captures our training program's focus on the treatment of a culturally diverse patient population from within the large, urban, multicultural community that Mt. Sinai Beth Israel serves. It also captures our program's inclusion of a multiplicity of

treatment modalities and methods, as well as extensive supervision (often involving videotaped material) that serves to cultivate the intern's observational skills, including those which are self-reflective.

The *general* goals of the Mt. Sinai Beth Israel clinical psychology internship training program are (1) to provide an intensive, broad-based training experience that exposes the interns to a variety of clinical settings, populations, applications of evidence-based psychological interventions, and research, and (2) to provide specialized training in a multi-cultural family program, an addictions program, a trauma-informed child treatment program, elective consultation-liaison programs, and in a brief psychotherapy research program.

The specific *objectives* of these goals include exposing the interns to the following settings and experiences in order to gain basic competencies in these areas:

- a. inpatient and outpatient psychiatric services;
- b. multidisciplinary treatment teams (including psychiatrists, social workers, psychiatric nurses, occupational therapists, among others);
- c. child, adolescent, adult and geriatric patients;
- d. individual, group, and family treatment modalities;
- e. models of treatment formulation and intervention, including evidence-based (dialectical behavior therapy, cognitive-behavioral, trauma informed child) treatments and psychoanalytic, psychodynamic, humanistic, family systems, and developmental play models;
- f. short-term versus long-term, time-limited versus open-ended treatment models;
- g. psychological and neuropsychological testing;
- h. elective experiences in consultation psychology or the psychotherapy research program;
- i. theoretical models of and provision of supervision, and
- j. fundamental elements of professional conduct.

Our overarching aim is to develop an intern's basic competencies in the delivery of psychological services in a general healthcare system, and in the interrelated areas of professional conduct and clinical skills, thus preparing them for independent practice in the field.

Intern Recruitment and Selection Process

Mount Sinai Beth Israel disseminates information about the Doctoral Internship in Clinical Psychology program through a number of public forums, including a both a dedicated Mount Sinai web site and a listing in the Directory of the APPIC web site. The web site housed on the Mount Sinai Beth Israel server provides a detailed description of the program, including: the setting of the internship, training philosophy and training goals, available clinical placements and rotations, supervision and didactics offered, a listing of the training faculty, instructions for applying to the program, as well as specifics on employment such as salary and benefits, and post-internship activities. Our website can be found at:

<http://icahn.mssm.edu/education/residencies-fellowships/list/msbi-clinical-psychology-internship>

The Doctoral Internship in Clinical Psychology program at Mount Sinai Beth Israel only accepts AAPI applications through the APPIC website. Once all applications have been submitted, each application is read by at least two faculty members, and rated on a variety of factors such as: academic and research achievement, amount of clinical experience, breadth and diversity of clinical experience, amount and

diversity of psychological testing experience, quality of written expression and self-awareness, as well overall quality of fit with the training goals of the program. The top 60 applicants are then invited to interview for the internship program. Five interview dates are offered, typically in the first two weeks of January, with 12 applicants seen on each day. On the interview day, all 12 applicants are seen together as a group by the Training Director for a one hour overview of the training program. Then each applicant is interviewed by two faculty members, utilizing videotape segments of intake and psychotherapy sessions to provide clinical material for discussion – allowing the faculty to assess diagnostic and therapy skills in vivo. Applicants are rated for both competence and trainability based on their interview performance. Applicants are then served lunch, during which time they have the opportunity to discuss the program with current Interns. After all interviews are completed, the top half of applicants are ranked. The ranked list of applicants is then submitted to APPIC for the national match. We accept six interns each year. Our application deadline is November 1, each year.

In selecting interns to be ranked, we seek individuals who are “good fits” with our program, in terms of prior training experiences, internship goals, including areas of personal growth as clinicians, and personality style. We seek individuals who have diverse backgrounds, who are eager to learn, responsible, flexible, personable, friendly, and who are team players. We have a very collegial culture here at MSBI and want to have an intern group that is able to support each other and work cooperatively together as well as with our faculty and colleagues. And, of course, demonstrated competence in several clinical areas is preferred as are experience working in a hospital setting and basic competence in psychological testing.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:

Total Direct Contact Intervention Hours			Amount: 600
Total Direct Contact Assessment Hours			Amount: 50

Describe any other required minimum criteria used to screen applicants:

Applicants to the Mount Sinai Beth Israel Doctoral Internship in Clinical Psychology program must be enrolled in a clinical or counseling psychology Ph.D. or Psy.D. program accredited by the American Psychological Association. There is a minimum of three years of graduate training (supervised clinical experience and coursework) required at the time of application. Each applicant needs to have obtained a Masters degree and have their dissertation proposal accepted by the ranking deadline as well as having passed comprehensive exams by the application deadline. We will consider applicants who have an F-1 visa. All applicants who match with our program will participate in a rigorous onboarding process through Human Resources. A background check will be conducted that includes arrest history. If this is a concern for you, please contact the Training Director prior to your application. In addition, drug testing will be done and any illicit substance use for any reason, including marijuana, will prohibit the applicant from attending the program.

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	\$30,000.00	
Annual Stipend/Salary for Half-time Interns	\$30,000.00	
Program provides access to medical insurance for intern?	Yes X	No
If access to medical insurance is provided:		
Trainee contribution to cost required?	Yes	No X
Coverage of family member(s) available?	Yes X	No
Coverage of legally married partner available?	Yes X	No
Coverage of domestic partner available?	Yes X	No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	20 days	
Hours of Annual Paid Sick Leave	12 days	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	Yes X	No
Other Benefits (please describe): Dissertation Release Time (at Training Directors discretion) Dental/Vision Insurance Disability Insurance Life Insurance Healthcare FSA/Dependent Care 403B retirement account		

*Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table

Initial Post-Internship Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

		2015-2018	
Total # of interns who were in the 3 cohorts		18	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree		0	
		PD	EP
Community mental health center		1	
Federally qualified health center			
Independent primary care facility/clinic			
University counseling center		6	
Veterans Affairs medical center		1	
Military health center			
Academic health center		5	
Other medical center or hospital			
Psychiatric hospital			
Academic university/department		1	
Community college or other teaching setting			
Independent research institution			
Correctional facility			
School district/system		1	
Independent practice setting		3	
Not currently employed			
Changed to another field			
Other			
Unknown			

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.