

## **ASTOR SERVICES FOR CHILDREN & FAMILIES**

### **AMERICAN PSYCHOLOGICAL ASSOCIATION - ACCREDITED**

### **PSYCHOLOGY DOCTORAL INTERNSHIP PROGRAM**

**2013-2014**

#### **ASTOR SERVICES FOR CHILDREN AND FAMILIES**

Astor was founded in 1953 to provide residential treatment to emotionally disturbed children as an alternative to hospitalization. Since that time, the agency has evolved and expanded and currently provides a broad array of residential, community and preventive services using strength-based and evidence-informed treatment approaches. With program sites located in both rural and urban environments (Dutchess County, Orange County and the Bronx), the agency serves a diverse population. Astor Services for Children & Families is accredited by the Joint Commission on Accreditation of Healthcare Organizations.

#### **ASTOR INTERNSHIP IN PSYCHOLOGY**

Astor has proudly sponsored the Psychology Doctoral Internship Program since 1964. In March 2011 the internship was re-accredited until 2018 by the American Psychological Association, Commission on Accreditation, Office of Program Consultation and Accreditation (750 First Street, NE, Washington, DC 20002-4242; 202-336-5979).

The philosophical principle on which the training is based is that of the integration of practical experiential learning with research and theory, the **practitioner-scholar** model, which contributes significantly to the emotional well-being of our child and family clients. Astor Services for Children & Families utilizes a strength-based, culturally-sensitive and client-collaborative approach along with empirically-validated and evidence-informed treatment approaches that guide our treatment and planning at all sites.

The program adheres to APA principles and guidelines for its policies regarding intern selection, admission requirements, evaluation and due process. *The program is open to doctoral students from APA accredited programs in clinical, counseling or combined clinical-child/school psychology.* The Director of Clinical Training and APA-Accredited Internship is Athena A. Drewes, Psy.D. Dr. Drewes is a NYS licensed psychologist, and NYS Permanently Certified School Psychologist. She is a member of the American Psychological Association, past Board of Director of the Association for Play Therapy (2001-2007), Founder and current President of the New York Association for Play Therapist and is a Registered Play Therapist and Supervisor (RPT-S) with the Association for Play Therapy. She is a prolific writer of articles, chapters, and books on play therapy.

#### **SALARY AND BENEFITS**

The program admits **six** doctoral level students. Three positions are in Dutchess County, NY and three positions are in the Bronx, NY. These positions are full-time and the

training is for one full year, from August 26, 2013 to August 25, 2014. There is a stipend of **\$24,024**, prorated for the year, in addition to which there is a generous individual medical benefits plan. Interns also receive four weeks of vacation (those interns in day treatment settings take their vacation during the school year breaks), sick days are available for medical need (and cannot be used as vacation time or time off) and 10 paid holidays and four personal days.

Interns are included in special agency-wide clinical trainings. Interns are required to use personal time for any outside training or dissertation work requests.

### **TRAINING LOCATIONS**

**There are 6 full-time internship positions for 3 different match-site programs** where trainees treat a diagnostically and culturally diverse population of children, teens and their families. Interns divide their week between two program settings, which remain the same for the full year. Two interns work in rural Dutchess County dividing their time between the rural residential program (three days) and the Poughkeepsie Counseling Center (two days), which is in a more urban setting (APPIC Program Code 148812). A third intern works in rural Dutchess County in the residential program (3 days) and in the more urban school-age Day Treatment program (2 days) in Poughkeepsie, NY (APPIC Program Code 148813). Three interns work in an urban setting in the borough of the Bronx in New York City split between Day Treatment (3 days) and the Tilden Street Child Guidance Counseling Center setting (2 days) (APPIC Program Code 148814).

The best preparation for this internship program is a strong general background with extensive experience and demonstrated interest with either an adolescent and/or child population. Experience in child and adolescent assessment and treatment is necessary. The Residence, Day Treatment and Clinic training settings are described in detail below.

**Applicants may submit one application to apply to all three program sites but must indicate their preference in the essay/cover letter that is part of the APPI online application. Each site requires a separate match number and requires separate interviews.**

Astor serves a highly diverse urban population and the psychology internship program welcomes applicants from diverse backgrounds as well as APA Minority Fellows. Consistent with APA's Multicultural Guidelines, the internship program offers interns the opportunity to expand their understanding of the impact of their own cultural and individual differences on their work with clients, and the impact of these cultural factors on their clients' work with them.

### **TRAINING MODEL AND GOALS**

The Astor Internship program employs an Integrative Model of individual strengths and evidence-informed methods of treatment. Treatment is viewed as a collaborative process between the therapist and client which helps lead to successful outcomes. A comprehensive view of personality development and treatment is based on an understanding of the underpinnings of the individual's dynamics and world view which is shaped by his or her family system. The overarching goal of the internship program is to furnish interns with the knowledge and broad skills necessary for competent and ethical entry-level practice of professional psychology. Specific goals and objectives include:

**Goal 1:** To promote competence in effective psychotherapeutic interventions with children, adolescents and adults.

**Objective 1:** Interns will demonstrate knowledge and skills in case formulation, goal-setting and therapeutic intervention.

**Goal 2:** To promote competence in psychological assessment and diagnosis.

**Objective 2:** Interns will demonstrate skill in selecting, administering, scoring and interpreting psychological tests and in clearly communicating results in oral and well-integrated written reports.

**Goal 3:** To promote competence in professional consultation, particularly with respect to assessment and testing results.

**Objective 3:** Interns will demonstrate skill in consulting with other staff, parents, educational organizations, classroom personnel, home-based caseworkers, and to other institutions such as foster care agencies.

**Goal 4:** To promote competence in recognizing the role of cultural and individual differences in psychological phenomena with an emphasis on sensitivity to individual differences and establishment of client rapport.

**Objective 4:** Interns will demonstrate an appreciation for and sensitivity to the role of cultural diversity and individual difference in the assessment and treatment of clients and their families.

**Goal 5:** To promote competence in professional and ethical conduct, including ongoing professional development and supervision.

**Objective 5:** Interns will demonstrate ethical conduct, interact effectively with other professionals, cope effectively with stress, and apply strategies of scholarly inquiry.

Interns will have opportunities in both placements, throughout the year, for observation, consultation and intervention individually and with families, within a clinic, residential or school setting, thereby enabling trainees to develop greater awareness of how all these systems, i.e., family, school, community, and treatment setting, impinge on the individual.

Conducting psychological evaluations also provides interns with additional experience in understanding the complex interaction of cognitive, emotional, family and cultural factors and their effects on an individual's level of functioning. Intensive training is provided in the administration and interpretation of a battery of tests designed to assess cognitive and emotional functioning. Interns are trained to use a wide variety of tests along with the basic battery, including visual motor and neurological tests. Interns will learn to select the correct tests, to develop awareness of the testing relationship and to interpret and integrate the findings in a report that is useful to the family, the school, as well as to other members of the treatment team and community. Such experiences are essential to the development of an intern's consultation skills. **Applicants are required to have coursework and supervised experience in the administration and interpretation of cognitive and projective tests, including the Rorschach, and to include with their APPI Online application the final copy (not a draft) of an anonymous integrated Psychological Test Report (which includes the Rorschach) completed and signed while on externship.**

Finally, the internship program seeks to promote the intern's sensitivity to a broad range of individual and cultural differences encountered in professional practice, and in a related fashion to maintain the trainee's commitment to on-going professional development. Interns will have the opportunity to develop and refine these professional competencies through an intensive exploration of their clinical work with several different supervisors, supplemented by carefully chosen didactic clinical seminars which include a focus on trauma and evidence-based treatment, and specialized seminars in family therapy and child/play therapy, as well as participation in the agency conferences. Semi-annual conferences are devoted to the challenges of working with culturally and individually diverse client populations. Supervision and didactic clinical seminars specifically address issues of race, ethnicity and sexual orientation.

## **TRAINING SETTINGS**

### **DUTCHESS COUNTY**

The original site of the Astor Services for Children & Families is located in the historic and picturesque rural Hudson River Valley on a fifteen-acre estate in the village of Rhinebeck, New York, approximately ninety miles north of New York City. The middle class Village of Rhinebeck (population 3,049, August 2008) traces its origin to the 17<sup>th</sup> century settlers who found the Hudson River and surrounding countryside to be similar in beauty to the Rhine Valley in their native Germany. Today, Rhinebeck strives to preserve its historic and colonial character and nearly half of the residences in the village are on the National Register of Historic Homes. There are several fine restaurants in the village and the Culinary Institute of America is a 10-minute drive. Transportation to New York City (90 miles south) is very convenient via regularly scheduled trains between Rhinecliff (two miles from Rhinebeck) and Pennsylvania Station in Manhattan. Express bus transportation and easy automobile access to New York City are available via the New York State Thruway or the Taconic Parkway. The city of Albany, the capital of New York State, is 60 miles north and has a major State University with a medical school and APA-approved doctoral programs in both Clinical and Counseling Psychology.

Outdoor recreational activities include hiking in the Catskill Mountains, sailing and boating on the Hudson River, ice skating, downhill and cross country skiing, golf, camping, fishing and hunting. Numerous cultural activities are available as well. Musical performances are offered by the Hudson Valley Philharmonic Orchestra in Poughkeepsie, and both Tanglewood in the Berkshires, the Saratoga Performing Arts Center, and Bethel Woods are accessible as are various museums, such as DIA in Beacon, NY, historical mansions, and theaters. Vassar College, Bard College, SUNY New Paltz and Marist College offer library services, lectures, and film series in addition to other activities.

### **THE BRONX**

The urban New York City borough of the Bronx has a population of almost 1.4 million people (July, 2008). It ranks first of New York's 5 boroughs in the percentage of its population who live in poverty. Historically the Bronx has been the home of immigrant families, a trend that continues today. Despite the poverty there are vibrant communities which strive to maintain their cultural traditions and sense of identity. During the summer the borough abounds with street fairs and festivals. Pregones, the premier Puerto Rican travelling theater, performs throughout the borough. Arthur Avenue, the "Little Italy" of

the Bronx, is the scene of festivals dedicated to various saints. Irish pubs are frequented by popular musicians and singers from the greater metropolitan area. Gaelic Park hosts the Sunday Irish football and hurling matches, which draw large crowds from New York, New Jersey and Connecticut. The historic City Island, with its small houses and shore "village" environment, has many of the best seafood restaurants and marinas on the East Coast as well as excellent sailing.

The Bronx is the home of the New York Yankees, the Bronx Zoo and the New York Botanical Gardens as well as several universities and colleges. There are also two well-maintained golf courses that are open to the public. The Bronx is easily accessible to the borough of Manhattan giving one access to all the cultural, educational and entertainment opportunities to be found there.

## **RESIDENTIAL TREATMENT AND COUNSELING CENTER PROGRAM (APPIC PROGRAM CODE 148812) – DUTCHESS COUNTY**

### **Residential Treatment Center/Facility**

The Astor Home residential programs are housed in together in rural Rhinebeck, New York, and provide specialized services to 64 boys and girls between the ages of 5 and 13. There are two components to the residential program, the Residential Treatment Center (RTC/HTP) and the Residential Treatment Facility (RTF). The RTF serves 20 boys and is licensed and funded by the New York State Office of Mental Hygiene, while the RTC serves 44 children referred by county departments of Social Services (OCFS, Office of Child & Family Services) and by Committees on Special Education (CSE) from various school districts. The children in the RTF tend to have more severe emotional difficulties and more extensive histories of psychiatric hospitalization than do the children in the RTC/HTP. However, there is some overlap between the two populations and children in both programs receive a broad array of clinical services. Many of the children present with histories of chronic trauma, externalizing disorders, and mood disorders and some have psychotic disorders.

Children live in groups of 9 to10 supervised by childcare staff under the direction of a childcare supervisor. Each living group has a Clinical Specialist (who may be a psychologist, art therapist or licensed mental health counselor) and a social worker who serve as the liaison between Astor and the children's families. In addition to the therapeutic milieu which is based within the context of trauma informed care (Sanctuary Model and CARE – Children and Residential Experiences), available treatment modalities include individual, family and group therapy, expressive arts therapy, and recreation activities. Psychiatric services and psychotropic medication treatment are available for those children that require it. The children attend school on site for a full day, at our three-time National Blue Ribbon Award-winning Astor Learning Center. In addition to academic instruction the program offers art, gym, library, music, computer lab and remedial reading. Children also receive speech/language and/or occupational therapy as needed. After school there are a variety of recreational activities as well as special events, community activities and trips.

All three interns spend three days in the residence. Within the residence, interns are assigned psychotherapy cases for a total of 8 hours of direct treatment cases that include a combination of individual child/play therapy, family therapy, and specialized

group therapy per week. Individual therapy is conducted in one of three fully equipped play therapy rooms, which also include videotaping capabilities. Interns provide family therapy for at least one of their individual cases. A designated family therapy room is equipped with a one-way mirror for observation, 'bug in the ear' along with taping capability.

The interns work closely with the clinical specialists in treatment planning and progress review conferences. The average length of stay of the children is between 12 and 18 months, which gives the interns experience in long-term therapy. Within the residential setting the interns each complete up to twelve integrated psychological evaluations over the course of the year. This number is subject to change based on the needs of our residents. As needed testing may also occur in day treatment and the outpatient setting.

Interns offer consultation services to childcare, teaching staff, and others on a weekly basis regarding their therapy and testing cases. Interns are expected to attend a number of treatment team meetings, to prepare therapy progress reports and offer treatment goals and objectives for these meetings. Interns are also expected to present one or two testing batteries to clinical staff at the "Testing Roundtable". They are also expected to present one clinical in-service seminar on a topic of choice.

### **Poughkeepsie Counseling Center**

Astor Services for Children & Families has Counseling Centers and several satellite clinics in Dutchess County. Both interns work at the Counseling Center in Poughkeepsie, a small urban city within the surrounding rural community. The client population is varied, and includes working class families, middle class families, as well as families on public assistance. The interns work as part of a multidisciplinary team that includes psychologist, social worker and psychiatrist, to provide a variety of consultative and direct treatment services to the child and adolescent clients and their families. The clinic serves a varied population with many of the families facing multiple challenges including poverty, chronic trauma, separation and divorce, domestic violence, and substance use issues.

Many of the children present with difficulties in the home, school and social domains. Our strength-based treatment philosophy and approach is oriented toward the collaborative involvement of the family in the full treatment process. Treatment modalities include individual, family and group therapy. Therapeutic orientations are evidence-informed and include cognitive-behavioral, social learning, and family systems approaches. Treatment approaches may include child/play therapy; group therapy; family therapy; exposure to Parent Child Interaction Therapy and Trauma Focused-CBT. Interns conduct their sessions within their offices or in a separate therapy room supplied with videotaping capabilities for family and PCIT sessions.

Interns are expected to maintain weekly productivity requirements, plus accompanying paper work and collaboratively written progress notes with families, in a combination of services (e.g., ADHD and cognitive/emotional assessment, treatment, intake, collateral contacts, etc.). Interns are expected to work two evenings per week. Interns attend weekly treatment team meetings, and participate in additional training as available.

The counseling center experience gives the interns the opportunity to consult with various community agencies and school districts as well as to face the "real life" issues

of productivity and managed care billing. The interns are expected to manage treatment responsibilities, billing, case consultation, treatment team meetings and timely completion of paperwork along with the seasoned staff members and are considered members of the treatment team. There may be an occasional as-needed psychological evaluation.

## **RESIDENTIAL TREATMENT CENTER/FACILITY AND DAY TREATMENT PROGRAM (APPIC PROGRAM CODE #148813)**

### **School-Age Day Treatment**

The Astor Services for Children & Families day treatment center, located in the more urban Poughkeepsie, New York, provides treatment and educational services to 64 children aged 5 to 13 referred from school districts throughout Dutchess and surrounding counties. It is licensed jointly by the Office of Mental Health and the State Education Department. Children are referred for services by their district Committees on Special Education. All of the children have been designated as emotionally disturbed and have been unable to function adequately in less restrictive educational settings. The most common diagnoses are Attention Deficit Hyperactivity Disorder, Posttraumatic Stress Disorder and Oppositional Defiant Disorder. There are some children with psychotic disorders as well. Many of the children are also learning disabled. The children often come from multi-stressed families and some are in foster care. There is a satellite program for preschool children that is well integrated into Astor's Early Childhood Programs in Poughkeepsie.

Day Treatment is a school-age based intensive treatment program with all treatment being provided during the course of the regular school day. The treatment approach is primarily a combination of cognitive-behavioral and family systems therapies, along with Ross Greene's Collaborative Problem Solving method. The school also uses behavior modification and social skills training with an emphasis on helping children develop problem solving skills and working with them collaboratively. Each child receives individual, group, and family therapy when possible. Psychiatric services are available for those children who require psychotropic medication. Other special services include speech/language therapy, occupational therapy, physical therapy, and intensive reading remediation. Clinicians work closely with the teachers and other staff to develop an effective individualized, strength-based, evidence-informed treatment approach for the child. Most therapy is long-term in nature as children are generally placed in the program for an entire school year at a time.

The intern is assigned two days at the Day Treatment program (and three at the Residence. See above description of the Residence for specific details on training and caseload.) At Day Treatment the intern is expected to carry a caseload of six treatment cases. The intern also conducts intakes (diagnostic interview and assessment) as needed to maintain his/her caseload. The intern is also responsible for the classroom consultation, treatment planning, and individual and family therapy for the cases assigned. The treatment modalities include individual verbal and play therapy, family therapy, group therapy, milieu therapy, parent counseling and case management, and cognitive behavioral therapy. The intern also participates in treatment team meetings, and clinical staff meetings.

The intern works closely with any other programs and agencies involved with the child, such as the Department of Social Services (OCFS), Astor Intensive Case Management, and Child Protective Services. The intern may also complete as-needed psychological assessments during the course of the year referred due to diagnostic questions. The intern works closely with and consults with parents, and other disciplines including social work, nursing, psychiatry and teaching.

The Day Treatment intern's work schedule follows the Astor Day Treatment academic schedule. All personal time and vacations must be taken during the Day Treatment's school recess and breaks.

### **BRONX COUNTY (NEW YORK CITY) PROGRAMS (APPIC PROGRAM CODE 148814)**

The Bronx programs, known collectively as The Astor Child Guidance Center (ACGC), are located in the urban Bronx in New York City and include The ACGC Outpatient Clinic (Tilden and Highbridge); The Astor Day Treatment Program; The Lawrence F. Hickey Center for Child Development (a therapeutic nursery); and Astor Family Services. The interns spend three days per week in a Day Treatment Program and two days per week in the Outpatient Child Guidance Clinic (Tilden Street). Interns in the Bronx programs experience a varied client population from inner-city settings, with accompanying multiple stressors and challenges that may include low socio-economic status, single-parent homes, substance abuse issues, domestic violence, and abuse histories. Many of the clients have experienced losses and family transitions with a significant minority in foster care placements.

#### **Day Treatment Program**

The Astor Day Treatment Program serves 216 three to fourteen year-olds in four sites. The program strives to provide a strength-based, culturally sensitive, intensive therapeutic program for children with severe emotional-behavioral difficulties, and their families through the combined efforts of an interdisciplinary team of certified mental health professionals and educators. The children present with a range of mental health issues, including externalizing disorders, mood disorders, PTSD, anxiety disorders, psychotic disorders, and many others.

The clinical component of the program is based upon behavioral, social learning and cognitive-behavioral, and systems theory principles. Evidence-based interventions are woven into the clinical work. Therapy focuses on helping the child develop affective regulation, adaptive problem solving, interpersonal, and cognitive coping skills. The primary therapy modality is group therapy with additional individual therapy provided to a subset of children based on level of need. Much of the treatment happens within the therapeutic milieu where staff assist the children in learning and utilizing adaptive coping and problem-solving strategies in-vivo. Classroom management techniques are based within an ongoing, highly structured, and consistently administered token economy. Evidence-based models such as PCIT and Parent Management Training are woven into the family work. In addition, our clinical staff focus on fostering communication and collaboration within the larger systems involved with each child, which can include multiple agencies, service providers, and other family supports. Many of the children require psychiatric consultation and psychotropic medication, usually provided through



our on-site psychiatric staff. Where appropriate, the child's treatment team and parents meet to discuss rationale, recommendations, and procedures.

Two interns are placed in the Byron Avenue day treatment program, working with school age children for three days per week. One intern is placed in the Tilden Street day treatment program with younger children for three days per week. Interns are assigned 8 cases and expected to be available for crisis prevention and intervention within the milieu, including physical intervention when necessary. Interns will need to be flexible and have coping strategies for managing personal stress that can be created by repeated client crises that interfere with scheduled appointments, and the demands of timely completion of regularly required paperwork. All interns receive Therapeutic Crisis Intervention training for crisis intervention before receiving cases.

### **Outpatient Clinic**

The Outpatient Clinic of the Astor Child Guidance Center at Tilden Street and Highbridge provides a range of services to the urban communities of the Bronx. It is licensed by the State Office of Mental Health (OMH) and holds contracts with the New York City Department of Health and Mental Hygiene (DoH&MH) to provide services for children and their families. The services are open to all regardless of ability to pay, provided admission criteria are met. Prospective clients must be between the ages of four and eighteen, must live within the specified catchment area, and must have a diagnosable psychiatric disability. Preference is given to those cases which meet the OMH criteria for Severe Emotional Disturbance, or who present with serious psychiatric symptoms. Exclusion criteria include a primary diagnosis of substance abuse, mental retardation or severe developmental delays (e.g., autism).

The program is staffed by an inter-disciplinary team of psychiatrists, psychologists, social workers, and art therapists. There is also an active student internship program in social work, mental health counseling and art therapy, along with the APA-Accredited Psychology Internship program.

The services provided by the program include individual counseling and psychotherapy, group therapy, family therapy, psychiatric evaluation and medication evaluation, psychological testing, crisis intervention and case management. Cognitive Behavioral Therapy is the core treatment model employed in the clinic, although senior staff are well-versed in psychodynamically-oriented psychotherapy, object relations orientations, narrative therapy, systemic and collaborative approaches. The clinic is also committed to an ongoing process of increasing cultural sensitivity through a monthly staff development series. Treatment is primarily guided by a number of evidence-based protocols that have proven efficacious for the typical presenting problems of our urban population: Parent Child Interaction Therapy (PCIT); Trauma Systems Therapy (TST); Trauma Focused CBT; a CBT protocol for depression; specific protocols for disruptive behavior disorders; and parent management techniques.

Referrals are received primarily from schools, psychiatric emergency rooms, inpatient units, general hospital outpatient units, other agencies, and community members who know Astor through word of mouth, and former clients. Clients are actively engaged in the intake and treatment process through a collaborative treatment and documentation approach.

Interns are able to work with a varied inner-city population with a variety of referring problems, that include externalizing behaviors, mood disorders, parent-child problems, family difficulties stemming from drug, alcohol addictions, domestic violence and single-parent stress. Evening work is required in order to see individual and family cases, as well as complete intakes and psychological assessments. Interns are required to help maintain insurance billing processes, as well as being up-to-date on paperwork demands as per OMH and New York State time requirements.

### **Intern Caseload and Responsibilities**

The Bronx internship programs provide a primarily clinical psychology experience, but do involve opportunities for consultation directly with educational staff. Interns have cases in both the outpatient clinic and the Day Treatment Program. Interns provide a client-collaborative treatment approach which is culturally-sensitive and evidence-informed through individual, group, and family therapy, parent collateral service (e.g., parent training), crisis intervention, teacher consultation, and psychological assessment. Interns also work closely with foster agencies, law guardians, and the Administration for Children's Services (ACS). On occasion, interns provide adult individual counseling to the parents of clients. Moreover, they also serve on the Day Treatment Program's Intake team and perform mental status evaluations for Day Treatment candidates. They have also been asked to provide information to ACS and appear in Family Court.

Within the **outpatient program**, interns provide assessment, intake, and treatment services to individual and family cases (with productivity hours graduated and more complex as the internship progresses) and complete a variety of full and partial testing batteries and assessments (up to ten) throughout the year.

Within the **Day Treatment Program**, interns are expected to carry a total of eight cases. Treatment modalities include: milieu treatment, group therapy, individual/play therapy, family therapy, crisis intervention (Therapeutic Crisis Intervention – Cornell Model training provided), Parent Child Interaction Therapy (PCIT), evidence-based CBT models, including Trauma-Focused Cognitive Behavior Therapy (TF-CBT) and psychiatric treatment. The specific modalities used with each child and family are individualized based on their needs and program resources. Other responsibilities include: (a) consultation with parents, teachers, and other collaterals; (b) coordination of treatment and services with other collaterals including home-based waiver services, ICM workers, preventative case workers, ACS workers, and inpatient psychiatric hospital staff; and (c) advocacy for the children and families via case management. Interns are also expected to conduct regular mental health status exams as part of intake into the day treatment program.

#### **FOR ALL INTERNS:**

**All interns are expected to put in a minimum of 45 hours per week in order to meet the necessary treatment, assessment and paperwork requirements.**

### **SUPERVISION**

Each intern is assigned a licensed psychologist as a supervisor at each site where he or she works. Each intern receives at least five hours of individual and group supervision per week. A minimum of 2 hours per week of individual supervision and an average of two to three hours weekly group supervision with licensed psychologists. Often there is

additional individual supervision available up to 4 hours per week. In addition, the interns receive their group supervision in family therapy, child/play therapy and testing with licensed psychologists.

Interns are expected to videotape to record individual and family sessions for use in supervision and group seminars in family and child/play therapy (of clients where there is a signed consent). The agency supplies the necessary video equipment, and in two Residence therapy rooms and one Bronx family therapy room a one-way mirror is also available for live supervision.

## **SEMINAR PROGRAM**

### **CLINICAL SEMINARS**

Interns in the Bronx, and interns in Dutchess County, participate together in a series of seminars over the course of the year. A full year of Clinical seminars, which is led and coordinated by the Director of Clinical Training and APA-Accredited Internship, are presented by Astor staff and provide training on a variety of clinical topics relevant to child and family mental health. Interns attend these seminars regularly and each intern has an opportunity to present to the clinical staff up to twice during the year, on testing cases and another topic of interest to the intern.

### **SPECIAL SEMINAR TRAININGS**

#### **Family Therapy**

Didactic training and supervision in family therapy are provided bi-weekly in the Bronx by Dr. Ronna Weber, certified by the American Association of Marriage and Family Therapy; and by Dr. Jody Popple in Dutchess County. Each intern presents a family therapy case either via videotape or for live supervision. Special outside consultant, such as Andrew Fussner, MSW is brought in contingent on agency funding for special training and consulting opportunities for Dutchess County school-age day treatment staff. Interns are invited to attend and present cases when possible.

#### **Child/Play Therapy**

Astor Services for Children & Families is an approved provider of CE hours and certificates of attendance by the Association for Play Therapy. All play therapy training and seminars count toward becoming a Registered Play Therapist. Interns are able to earn up to 50 hours of the required 150 APT-approved training in Play Therapy. The Director of the APA-Accredited internship conducts a three-hour per month child play therapy seminar in both Dutchess and the Bronx Counties which combines didactic, experiential and clinically focused work. The interns present, in rotation, videotaped sessions of their work in therapy with one child throughout the year-long seminar (with client consent signed).

#### **Additional Training Opportunities**

Attendance at special twice yearly agency-wide training is available. Renowned professionals in the field are invited to speak on a variety of relevant treatment topics.

Some of the past presenters have included: Dr. Donald Meichenbaum, Dr. Mark Katz, Dr. David Rudd, Dr. Esther Deblinger, Dr. A.J. Franklin.

The Director of the APA Internship and Clinical Training distributes a monthly listing of clinical training available to all agency staff.

Over the course of the year interns also participate in site-specific clinical meetings and treatment planning.

### **Development of Professional Identity**

All six interns have opportunities to meet during orientation and special agency-wide trainings. Interns in the Bronx and Dutchess County have ample opportunities to network with one another during their weekly contact.

### **PROFESSIONAL LIBRARY**

A professional library containing over 2,300 professional books and journals is located at the main agency site in Rhinebeck. The librarian will assist interns in obtaining any books, reference materials or literature reviews needed. Materials not available in-house can be obtained through Inter-Library Loan. Requests for material can be emailed to the librarian and material received and sent via inter-office mail.

### **AGENCY EXPECTATIONS**

Interns are required to put in 45 hours per week with one to two evenings per week included. Caseloads vary depending on program site.

### **AGENCY EMPLOYEE ORIENTATION**

Interns are oriented during the first several weeks of start of the internship before start of seeing clients. All interns receive a four day Therapeutic Crisis Intervention (TCI) training which helps in defusing client crises. Interns are walked through all intake, paperwork and medical file requirements as well as in use of the NY-CANS which is taken on-line by interns. Interns also receive a one day orientation to the agency policies and procedures. All interns receive an Employee Handbook and an Intern Handbook at the start of the internship.

Legislation that took effect in New York State in 2005 requiring professionals in setting regulated by the State Office of Mental Health (OMH) to be cleared by the State Central Registry and to be electronically fingerprinted. Interns complete the paperwork for this process prior to the start of the internship, along with an agency-arranged physical. Paperwork is also sent to set up medical coverage for the start of the internship. Interns receive detailed instructions in the spring on how to make appointments for clearances and the physical and how to complete the necessary paperwork.

### **THE APPLICATION AND INTERVIEW PROCESS**

#### **Application:**

The Internship program requires the APPI Online and participates in the APPIC Internship Matching Program. Applicants can download an Applicant Agreement from

the Matching Program website at: [www.natmatch.com/psychint](http://www.natmatch.com/psychint). Instructions for completing the Online Application for Psychology Internship (APPI) may be obtained from the APPIC website at <http://www.appic.org>. Astor is not permitted to accept printed copies of applications. The APPIC Program Code for Dutchess Residential/Clinic track is **148812**; the Code for the Dutchess Residential/Day Treatment track is **148813**; and the Code for the Bronx Day Treatment/Clinic track is **148814**. This 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.

Astor Services for Children & Families requires: 1) the APPIC application; 2) cover letter **specifically stating which site(s) are being applied to**; 3) three letters of recommendation; 4) copies of graduate school transcript(s); 5) curriculum vitae; 6) **a final copy of an integrated psychological assessment report of an anonymous client that includes cognitive and projective testing (including Rorschach) that was completed while on externship. Identifying information of the client must be deleted from the report.**

**The deadline for applications is November 15<sup>th</sup>** and **applicants invited for interviews are notified by December 15<sup>th</sup>**. In-person interviews are preferred, but other arrangements can be made on an individual basis.

#### **Interview Process:**

Applicants selected for an interview will receive e-mail notification by December 14, 2012. Interviews take place at the Bronx Tilden Street Clinic office for those being interviewed for the Bronx. Interviews for Dutchess County tracks are interviewed at the Astor Residential Treatment Center in Rhinebeck, NY. Interviews are typically scheduled during the month of January, and are held regardless of weather conditions.

Applicants may be interviewed at one or both interview locations depending on which programs they have applied for and been selected for interview. It is possible to apply for all three program match codes but be interviewed for just one, two or three programs. There is an opportunity during the interview process to meet with current interns as well as informally with staff. Individual interviews are set up with two or three staff members, depending on program being interviewed for.

Instructions for making interview appointments will be included in the interview notification e-mails. Applicants will be photographed or may bring a small/passport size photo of themselves to the interview. Being photographed is voluntary but it does serve to help the selection committee remember each applicant.

All applicants matched must be cleared by an agency physical, the NYS Abuse Registry and fingerprint check prior to starting. **Interns are required to have completed the ten (10) hour, on-line, TF-CBT training and have a certificate of completion prior to the starting date of the internship.**

Any questions regarding the internship should be directed to:  
Director of Clinical Training and APA-Accredited Internship  
Astor Services for Children & Families  
390 Crystal Run Road, Suite 107  
Middletown, N.Y. 10941

845-673-4260 x232  
Adrewes (at) astorservices.org

### **PSYCHOLOGY INTERNSHIP TRAINING STAFF**

**Paul Bulman, Ph.D.** Team Leader. Astor Day Treatment Center, Bronx, N.Y. Clinical Psychology, St. John's University, 2000. New York State Licensed Psychologist. Primary Supervisor. Specialties: Suicide Risk Prevention, and author of agency-wide materials/training on Risk Assessment and Prevention. OMH-certified to supervise in TF-CBT, Coping Power, Depression CBT, Parent Training for DBD.

**Jamila Codrington, Ph.D.** Clinical Staff Member. Astor Child Guidance Center, Tilden Street, Bronx, NY. University of Maryland, 2003. Counseling Psychology. New York State Licensed Psychologist. Primary Supervisor.

**Michele R. Conner, Psy.D.** Program Director. Astor Counseling Centers, Poughkeepsie, N.Y. Clinical Psychology, Florida Institute of Technology, 1999. New York State Licensed Psychologist. Secondary Supervisor.

**Hayley Cooper, Psy.D.** Staff Member. Astor Child Guidance Center, Tilden Street, Bronx, NY. School-Clinical Psychology. Yeshiva University, Ferkauf School of Psychology, 2007. New York State Licensed Psychologist. Secondary Supervisor.

**Rodney J. DiMotta, Ph.D.** Deputy Director of Bronx Programs (Day Treatment). Astor Day Treatment, Bronx, N.Y. Clinical/School Psychology, Hofstra University, 1981. New York State Licensed Psychologist. Primary Supervisor.

**Athena A. Drewes, Psy.D., RPT-S** Psychologist. Director of Clinical Training and APA-Accredited Internship, Middletown, N.Y. Play Therapy Seminar. Masters of Art, Clinical Psychology, New York University, 1979. School/Community-Child Clinical Psychology, Pace University, NY, 1992. NYS Permanently Certified School Psychologist. Registered Play Therapist and Supervisor. New York State Licensed Psychologist. Secondary Supervisor. Specialties: Play therapy, author, lecturer, Registered Play Therapist-Supervisor. Trauma, Red Cross Disaster Mental Health Supervisor.

**Jessie Giglio, Psy.D.** Clinical Specialist. Astor Residential Treatment Center, Rhinebeck, NY. Psychological Testing Seminar. Clinical Psychology, Florida Institute of Technology, 2012. Secondary Supervisor.

**Karen Graves, Ph.D.** Psychologist. Astor School-Age Day Treatment Program, Poughkeepsie, NY. Clinical Psychology. Indiana University of Pennsylvania, 1987. New York State Licensed Psychologist. Primary Supervisor.

**Todd Karlin, Psy.D.** Program Director. Astor Day Treatment, Tilden Street, Bronx, NY. School - Child Clinical, Pace University, NY, 2005. Primary Supervisor.

**Andrew Kuntz, MCAT, LCSW.** Deputy Director. Astor Child Guidance Center (Responsible for outpatient programs). Masters in Creative Arts in Therapy. Hahnemann University, 1978. Master of Social Work, Fordham University, 1988. Advanced Certificate in Clinical Social Work, New York University, 1991. New York State Licensed Clinical Social Worker. Secondary Supervisor.

**Diane E. Lewis, Ph.D.** Clinical Specialist. Astor Residential Treatment Facility, Rhinebeck, NY. Counseling Psychology, Fordham University, 2004. New York State Licensed Psychologist. Primary Supervisor.

**Jody Popple, Ph.D.** Clinical Specialist. Astor Residential Treatment Facility, Rhinebeck, NY. Family Therapy seminar. Counseling Psychology, Texas Women's University, 2002. New York State Licensed Psychologist. Secondary Supervisor.

**Cecilia Rembert, Psy.D.** Clinical Specialist. Astor Residential Treatment Center, Rhinebeck, NY. Psychological testing seminar. School-Child Clinical. Pace University, 2006. New York State Licensed Psychologist. Secondary Supervisor.

**Annetta (Annie) E. Scott, Ph.D.** Clinical Director. Astor Day Treatment Center, Poughkeepsie, N.Y. Clinical Psychology, SUNY at Albany, NY, 1987. New York State Licensed Psychologist. Secondary Supervisor.

**Justine Skiba, Ph.D.** Clinical Specialist. Astor Residential Treatment Facility, Rhinebeck, NY. Clinical Psychology, Adelphi University, 1999. New York State Licensed Psychologist. Primary Supervisor.

**Clare Vierbuchen, Ph.D.** Psychology Fellow. Astor Day Treatment, Bronx, NY. Psychological Testing Seminar. Combined, Clinical-School, University of Virginia – Charlottesville, 2012. Secondary Supervisor.

**David Wapner, Ph.D.** Psychology Fellow. Astor Poughkeepsie Clinic, Poughkeepsie, NY. Clinical Psychology. Ferkauf Graduate School of Psychology of Yeshiva University, 2011. Primary Supervisor.

**Ronna Weber, Ph.D.** Program Director. Astor Family Services, Bronx, N.Y. Family Therapy Training, APA-Accredited Internship Site Coordinator. Clinical Psychology, SUNY Buffalo, 1972. New York State Licensed Psychologist. Secondary Supervisor.

**Sara Weiss, LCSW-R**, Intake Director. Bronx Day Treatment Program, School Aged sites, Social Work Supervisor, Tilden Street site; Columbia University School of Social Work, 1989. New York State Licensed Clinical Social Worker. Secondary Supervisor. Specialty: PCIT Trainer.