



MindWell Psychology, LLP
www.mindwellcenter.com

MindWell Psychology, LLP
Doctoral Externship in Psychology

Program Overview

MindWell Psychology, LLP has a mission to provide high quality evidence-based outpatient mental health care to children, families, and adults. MindWell is offering an externship training program in psychology for the 2024-2025 academic year. Externship opportunities are available at MindWell's Ithaca, NY and Albany, NY locations. Doctoral externs will be supervised by experts in cognitive behavioral therapy skilled in the application of evidence-based clinical knowledge to individuals, families, and systems.

Externships offered by MindWell are designed for advanced doctoral students (e.g., rising 3rd year or above) in clinical, counseling, or school psychology and will be supervised by an attending psychologist at MindWell. MindWell offers two externship training tracks: The **Adult Track**, the **Child/Adolescent Track**, and the **Advanced Track for Couples Therapy**.

Adult Track: MindWell Psychology provides training in evidence-based outpatient mental health care for doctoral externs interested in working with adult populations. Doctoral externs in psychology receive training in and deliver individual and group-based, empirically supported treatments to individuals age 18 and up, who are presenting with a range of clinical concerns (e.g., ADHD, anxiety, depression, OCD, PTSD). Treatment typically relies on a cognitive-behavioral approach (e.g., CBT, ACT, DBT), and can also include mindfulness-based and interpersonal approaches as deemed appropriate. Individual and group supervision is provided, along with regular journal clubs and multidisciplinary collaboration opportunities.

Child/Adolescent Track: MindWell Psychology provides training in evidence-based outpatient mental health care for doctoral externs interested in working with children, adolescents, and family systems. Doctoral externs in psychology receive training in and deliver individual and group-based, empirically supported treatments to children, youth, adolescents, and families, who are presenting with a range of clinical concerns (e.g., ADHD, anxiety, depression, ODD, PTSD). Treatment typically relies on a cognitive-behavioral approach (e.g., CBT, parent training, ACT, DBT), and can also include mindfulness-based

and interpersonal approaches as deemed appropriate. Individual and group supervision is provided, along with regular journal clubs and multidisciplinary collaboration opportunities.

Advanced Couples Therapy Track:

MindWell also offers an advanced externship for those interested in specialized training conducting couples therapy. We will have 1 position available for this track each training year. Supervision will be provided by clinicians with experience in the Gottman method or Emotion focused therapy (EFT). Externs in this track can expect approximately 30% of their caseload to consist of couples cases with the remaining time filled with individual patients. Externs will work with direct supervisors to determine the pace of couples cases added to their caseload based on prior experiences, knowledge level, and confidence. Externs will receive training in conducting intake assessments, individual supervision, and have opportunities for group consultation.

Track Requirements: Attendance at couple therapy case consultation (biweekly at 11am on Wednesdays); 4th or 5th year student status in a doctoral program; Attendance at training seminars led by staff clinicians

Doctoral externs may also receive opportunities to:

- Gain exposure to integrative care models within primary care settings.
- Gain exposure to and supplementary training by other members of our multidisciplinary team, including psychiatrists and social workers.
- Consult with teachers and other invested stakeholders with regard to the patient's emotional and behavioral needs outside of therapy (child/adolescent track).
- Consult on individual student behavior management plans (child/adolescent track).
- Orchestrate and lead educational/training groups and seminars on a variety of topics (e.g., managing stress and anxiety, behavior management training, etc.).

Supervision:

Individual in-person weekly supervision will be provided by licensed clinical psychologists. All externs will also have the opportunity to take part in regular group supervision with other trainees to gain broader viewpoints and a greater understanding of the interface of psychotherapy, community mental health, and outpatient care. Given our team's strong commitment to training, externs collaborate with many experts in our field, depending on their specific interests.

Didactics:

Externs will attend regular didactic seminars tailored to meet their training needs and interests. Didactic seminars can be attended in-person or virtually.

Qualifications:

Applicants should be doctoral externs in Clinical, Counseling, or School Psychology entering their 3rd year or higher and have experience delivering psychotherapy. Preference is given to applicants with experience working with children, families, or adults in multidisciplinary settings.

Time Requirement:

Two days per week (~9am to 5pm) is preferred. One day per week rotations are considered, if applicable.

Caseload Requirement:

Externs will be required to carry a daily caseload of 5-6 per day individual patients weekly (two days per week is preferred). Some flexibility is given to the externs' interests and training needs.

Number of Positions Available:

1-3 externs will be recruited to beginning in August of each year at both the Ithaca, NY and Albany, NY locations.

To note, only a select number of the most competitive applicants will be offered interviews, and interviews will be offered on a rolling basis. As such, early submission of application materials is highly encouraged.

To apply:

Please send the following information to Jeannette Correa, PhD, Director of Clinical Training at the following email address jeannette@mindwellcenter.com

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

Application deadline:

April 1st or before. Offers are extended on a rolling basis.

Locations for MindWell:

MindWell's operates virtual and in person outpatient clinics in both Ithaca, NY and Albany, NY.

Contact Information:

Jeannette Correa, PhD
Director of Clinical Training
MindWell Psychology, LLP
www.mindwellcenter.com

