

**Clinical Psychology Internships
at
Pilgrim Psychiatric Center**

**Accredited by the American Psychological Association
Commission on Accreditation*
750 First Street, N.E.
Washington, D.C. 20002-4242
(202) 336-5979**

*on probation for the 2011-12 Internship year

998 Crooked Hill Road
West Brentwood, NY 11717-1087

Revised: September 2011

Pilgrim Psychiatric Center

12 Month Pre-Doctoral Internship In Clinical Psychology

Beginning in September

Opportunity to work with licensed NYS psychologists and a variety of clinical populations, including:

- Admissions
- Psychiatric Rehabilitation
- Community Preparation
- Clinical Neuroscience Center
- Behavioral Treatment
- Forensics
- Dialectic Behavioral Therapy

Includes:

- Salary: approximately \$31,500.00 per year
- Plus 30% fringe benefits including:
- paid vacation
- health insurance benefits
- personal, sick and professional leave

Pilgrim Psychiatric Center

Pilgrim Psychiatric Center is a facility of the New York State Office of Mental Health. It is a comprehensive network of inpatient and community mental health services and serves 2,500 adult patients a year in its programs. The inpatient facility is located in West Brentwood, New York; Community Services programs are located throughout Suffolk and Nassau Counties.

Pilgrim Psychiatric Center is fully accredited with commendation by the Joint Commission on Accreditation of Health Care Organizations (JC). In addition, its outpatient programs are certified by the New York State Office of Mental Health. The Center's programs serve as training sites for students from a variety of disciplines, with seasoned professionals on staff providing clinical supervision.

Inpatient programs provide assessment, evaluation, stabilization, treatment, and rehabilitation services with an approximate census of 400 hundred inpatients. Psychologists play key roles in these programs and provide treatment to a severely and persistently mentally ill patient population within a broad spectrum of diagnostic categories, including: Schizophrenia, Borderline and other Personality Disorders, Chemical and Substance Abuse, Affective Disorders, etc.

Community Services programs serve community residents in need of mental health services. Full continuums of services are provided to outpatients and psychologists provide treatment in Clinic and Continuing Day Treatment Programs.

Overview of the Program

Pilgrim Psychiatric Center provides three full-time, one-year internship positions for eligible doctoral candidates in clinical and counseling psychology. The internship program features experience in a wide range of professional services expected of today's psychologist and is accredited* by the **Commission on Accreditation, American Psychological Association (APA)**, 750 First Street, N.E., Washington, D.C. 20002-4242 **(202-336-5979)**.

*on probation for the 2011-2012 Internship year

The program's model is an apprenticeship/practitioner model, working with the severely and persistently mentally ill. During the year-long program interns are exposed to a broad spectrum of training experiences which may include Admissions and specialized treatment programs. These programs serve a diverse and multicultural patient population with treatment provided by an equally diverse and multicultural staff. Psychology staff provides divergent role models and theoretical orientations, including systems, cognitive-behavioral, and psychodynamic. In addition, interns work with professionals and trainees from other disciplines within a Treatment Team model.

The program strives to meet the intern's professional interests while facilitating opportunities to develop greater levels of mastery in the areas of: individual and group therapy; treatment planning; case conceptualization; psychological assessment; and report writing. Interns are viewed as professionals in training and the program prepares them for entry-level positions within the profession of psychology through an apprenticeship/practitioner training model. This model relies on the use of self in both our training and in therapy, as well as strong collaborative relationships with supervisors, to draw knowledge and experience that will develop and nurture the intern's professional identity. The supervisory relationship is essential in this model, as is a developmental process of increasing skills and expertise. We believe that learning is a relational and reciprocal process, concentrating more on the process than on the content of learning, with modeling and mentoring as strong components of the internship year. Interns are encouraged to explore their creativity in providing services to patients. As much as we employ the apprentice-practitioner model, we also have a strong commitment to scientific research and evidence-based treatment, and our interns are given the opportunity for practice in many types of empirically validated treatment, and the research behind it. Interns are able to gain experience in Dialectical Behavioral Therapy, Trauma and Disaster Response, Behavioral Treatment for Pica and Polydypsia, Cognitive Stimulation and Remediation, PANSS training, and training in the Multisensory Treatment Environment therapy. The interns are provided with scholarly research articles and are trained in the delivery of these interventions. Some of these trainings are conducted in seminars, others are taught by supervisors either in supervision, or on the ward where the service is being provided. In addition, Didactic Seminars and Journal Club provide opportunities for study and discussion of current and research and the efficacy of such evidence-based treatments. All interns also have access to the NYS Library System to encourage scholarly inquiry. The interns acquire a comprehensive understanding of emotional disorders, competence in administering, scoring and interpreting psychological tests, and demonstrate the ability to conduct psychotherapy independently by the conclusion of the internship, while demonstrating sensitivity and understanding of cultural and gender diversity of patients. Interns are afforded mentorship in following the highest professional and ethical standards, and acting as members of an interdisciplinary treatment team. The specific goals of the program address:

- Knowledge of Mental Disorders

- Intervention/Treatment of Mental Disorders
- Assessment of Mental Disorders
- Professional Identity
- Professional Relationships

At the beginning of internship, through use of observation and supervision, as well as examination of practica experiences, interns' competencies are evaluated and they are assigned tasks and responsibilities based on their level of expertise and comfort. As they demonstrate increased skill (as recorded in quarterly evaluations), interns will be given more responsibilities as the year progresses, until they have attained a level of competence commensurate with a professional psychologist.

Training is structured, sequential, and experiential, with exposure to diverse theoretical orientations, methods, and cultural contexts. The supervisors model various modalities, then continually observe and monitor the intern's level of expertise and confidence as he/she conducts the treatment, assigning a greater number of, and more complex/challenging cases commensurate with the intern's demonstrated ability. This progress is assessed through individual supervision contact (both formal and informal), group supervision with the direct supervisor, other supervisors, and Training Director, examination of progress notes, psychological evaluations, and reports generated by the intern. In an apprenticeship format, interns have ample opportunities to assess and treat their patient's disorders. This is accomplished through direct patient contact with supervision and role modeling from experienced psychologists. In addition, learning occurs in seminar format in our intern seminar and assessment series, presentations in our APA-approved Continuing Education program, Journal Club, and Grand Rounds at the facility. Every effort is made to schedule the seminars in a sequential manner to provide continuity and structure to the program's goals.

All interns are provided with comprehensive training and supervision in general psychological practice. Training experiences are tailored to the background and goals of every intern. Responsibilities include treatment planning, psychological assessments, clinical interventions and consultations. Interns treat patients individually, and in group settings; each intern is expected to become conversant with a full range of treatment modalities. The primary goal of the internship is to guide the intern toward integrating these diverse experiences into a well-developed professional identity and personal therapeutic style. Accordingly, supervision is highly valued - both in quantity and quality. Individual supervision is minimally three hours per week, supplemented by two hours of group supervision.

While interns have differing experiences, a strong effort is made to achieve a unified internship program as well as a cohesive group of interns. In order to integrate clinical skills and academic knowledge the interns attend multiple training seminars. These seminars cover a wide range of topics presented by staff psychologists and other mental health professionals. Topics may include multicultural issues in mental health, psychoeducational and psychopharmacologic treatment of schizophrenia, dialectical behavioral therapy, treatment of PICA, introduction to neuropsychological assessment, gender and social class issues, behavior modification techniques with acting-out patients, forensic evaluations and assessments, violence risk assessment, ethical standards in psychology, hypnotherapy, and managed care and independent practice.

Sequence of Training

A) Orientation Phase:

The first several days of the internship serve as an orientation. During this period, the interns follow a carefully planned schedule of activities which includes exposure to units and programs. They also participate in discussions which focus on the organization and structure of the facility as well as its records and procedures. Additionally interns will receive training in the following areas: Preventing and Managing Crisis Situations (PMCS), Mental Health Automated Record System (MHARS), Health Information Protection Privacy Act (HIPPA), and Sexual Harassment Prevention. Pilgrim Psychiatric Center is an Equal Opportunity Employment Agency, and welcomes diversity in the workplace.

B) Internship Assignment:

The placement of interns is the responsibility of the Training Director and Chief of Psychology.

Determinations are based on each intern's skills, experience, training and interests. Interns are assigned to **two concurrent** training experiences for the period of one year. Presently these placements may include:

- **Admissions Units:** The Admissions Units at Pilgrim Psychiatric Center receive patients from both Nassau and Suffolk counties in the state of New York. These patients are admitted with Axis I diagnoses, with the additional requirement that they be dangerous to themselves or others. Admission to these units is essentially for a short stay where patients are evaluated, stabilized, and considered for either discharge or transfer to psychiatric rehabilitation units, or specialty care units. There are two admissions wards.
- **Psychiatric Rehabilitation Units:** This service addresses the needs of patients directly following stabilization on the admission unit. Patients' core psychiatric symptoms are addressed, and plans for discharge are developed. Psychological input is of the utmost importance in these units and includes a wide range of psychological interventions. Placement on these units allows the intern to work with patients for a more extended period of time.
- **Community Preparation Unit or Mall Program:** This unit addresses the needs of patients who are more completely stabilized but require continued skills development to enable them to be discharged effectively to community resources.
- **Clinical Neuroscience Center (CNC):** the CNC rotation may include both inpatient and outpatient services. The emphasis is on cognition in schizophrenia, particularly objective measures of the symptoms, and neuropsychology of the disorder. The rotation's Cognitive Remediation Program utilizes computers to improve patient cognition. Patient care and treatment modalities make use of this emphasis on objective measurement in treatment assignments and evaluation of outcome. The CNC research and training efforts are done in collaboration with the Department of Psychiatry of the Mt. Sinai School of Medicine in New York City.
- **Behavioral Treatment Units:** These units, one male, one female, were designed to treat dually diagnosed patients who have a secondary diagnosis of mental retardation in addition to a primary psychiatric diagnosis. The overall behavioral milieu is a contingency management/token economy system whose primary goal is

to increase socially acceptable behaviors, and decrease socially unacceptable behaviors, enabling the patients to transfer their success in the program to the community. These units operate using a positive reinforcement model, and behavioral analysis is utilized. The Behavioral Unit psychologists oversee the behavioral treatment program and write behavioral contracts, as well as provide the full range of psychological services given on the other units.

- **Forensic Unit:** This unit provides training in working with criminal offenders and the forensic process for commitment. In addition to Axis I disorders, many of the patients on this unit display Axis II disorders, and there is enhanced opportunity to provide individual therapy as well as group therapy. Psychological evaluations for forensic purposes are also a component of this rotation.
- **Dialectic Behavioral Therapy:** Although this rotation is on a psychiatric rehabilitation ward, the supervisor conducts a DBT program including group and individual therapy for patients throughout the hospital who would benefit from DBT programs. This program involves additional training and supervision for interns.

The range of rotations available to interns may vary, depending on the assignment of licensed psychologists to the rotation. To date, most interns have been assigned to the training experiences of their choice.

In each placement, interns gradually take on the role and tasks of the ward psychologist under the guidance of their supervisors. The work includes:

- Psychological assessment and report writing
- Direct patient care in the form of individual and/or group therapy
- Attendance at team meetings and psychiatric consultation, with intern input
- Written documentation of patient progress, including progress notes, treatment plans, annual screenings

The Psychology Training Committee

The Psychology Training Committee establishes policies and procedures for the Training Program. This includes coordinating the application and selection process, planning the orientation phase of the internship, preparing the intern's program, and scheduling seminars. Should any problems arise for the intern, the Training Committee ensures that the intern will receive support and assistance in resolving the problem.

The members of the Training Committee include the Chief of Psychology, the Training Director and a licensed senior level psychologist. Other licensed staff psychologists may also sit on the committee as needed and interests dictate.

Internship Agreement

Interns agree to complete a twelve month full-time internship commencing and terminating in the fall of each year. The current annual stipend for each intern is approximately \$31,500. In addition, each intern receives health care benefits as well as holiday, vacation and sick leave entitlements. The Training Committee may also approve requests for leave time for professional activities such as attendance at conferences and professional presentations.

Evaluation of Interns

Interns are evaluated by their supervisors on the skills utilized in various clinical contexts. Assessment is both a formal and informal process. Interns are kept informed of their progress in the program by means of clearly identified evaluation sessions, with timing and content designed to facilitate their change and growth. Quarterly written evaluations indicate whether the interns have met minimal performance standards in areas such as professional ethics, assessment, treatment planning, implementation of appropriate treatment strategies, and responsiveness to supervision. These evaluations are collated by the Director of Training and reports are forwarded to the interns' University Training Directors semi-annually. In addition to the supervisors' assessment of the interns, the interns themselves evaluate their training experiences at Pilgrim Psychiatric Center.

Grievance Policy

Pilgrim Psychiatric Center's Psychology Internship program has a formal policy to address any grievances that interns may have that cannot be addressed through supervision. In addition, the Chief of Psychology and Training Director are always available to discuss areas of concerns with the interns.

Research Opportunities

Several staff psychologists are available for consultation or participation in phases of dissertation and other research. Internet access is available at the interns individual work station and our department subscribes to various psychology journals. Available community resources include university library facilities at the State University of New York at Stony Brook, Hofstra University and Adelphi University. Also, interns are encouraged to apply for New York State on-line library cards. This database grants free access to numerous journals and articles related to the field of clinical psychology.

In addition, the resources of the Clinical Neuroscience Center (CNC), which has an active research program associated with the Mt. Sinai School of Medicine, NYC, are made available to interns. The CNC research program has focused on assessment, treatment, cognitive impairment, and aging in persons severe and persistent mental illness. Seminar topics involving this research will be presented to all interns over the course of the year.

Application and Intern Selection Process

Applicants should have completed prior practicum doctoral level experience and must be enrolled in a doctoral program in clinical or counseling psychology. Preference is given to students enrolled in programs with accreditation from the American Psychological Association. Students with APA minority status are also afforded preference. Examination of applications is completed by members of the Training Committee, and focuses on the following:

1. Prior doctoral practicum experience in working with Seriously and Persistently Mentally Ill adult clients (preferably inpatient)
2. Experience in conducting psychoeducational groups (minimum of three groups for at least 6 weeks each)
3. Completion of at least 6 fully integrated psychological evaluations
4. At least 400 hours of doctoral level practica in intervention and evaluation
5. Competency in writing skills as evidenced by submitted psychological Evaluation

6. Positive letters of recommendation

Applicants are typically expected to appear for a personal interview, and are contacted to schedule this interview once the completed application has been received. Deadline for submission of completed applications is November 15th. Pilgrim Psychiatric Center as a member of APPIC, follows APPIC guidelines and procedures in the selection of interns, and abides by the APPIC Policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant prior to Uniform Notification Day.


The interview process consists of three parts:

1. Tour of facility and explanation of program goals and expectations with Training Director
2. Interview with Training Director and a Supervising Psychologist, with a standard set of questions asked of every applicant to prevent bias.
3. Interview and Q and A session with a current intern

Final ranking decisions are made by the Training Director in concert with the Training Committee.

The program begins in early September and lasts for one full year. Please note that all employees, including interns, must be fingerprinted and are charged for this procedure. A physical examination is also required before the starting date.

To Apply:

Submit the APPIC Application for Psychology Internship (AAPI), Parts 1 & 2, available on the APPIC Web site: <http://www.appic.org/> 

With the AAPI submit:

- three (3) letters of recommendation
- an official transcript
- a curriculum vitae
- a three to five page formal case conceptualization and/or a psychological assessment

Please submit the above online at the APPIC website. Our Program ID # is: 1497

For further information or assistance write or call

Tel: (631) 761-3764 • Fax: (631) 761-3770

e-mail: [Mary Pellicio](mailto:Mary.Pellicio)

To examine additional Internship material, such as Intern Performance Requirements, Intern Evaluation Form, or Intern Grievance Policy, please follow the following link:

- [A Pilgrim Psychiatric Center Psychology Internship Performance Requirements](#)
- [Due Process Procedures for Addressing Intern Impairment, Remediation, Termination and Grievances](#)
- [Pilgrim Psychiatric Center Psychology Department Individual Intern Evaluation Form](#)

SUPERVISING FACULTY AND CONSULTANTS

Berg, Stephen, M.A.

Mr. Berg received his Masters Degree in Psychology from Adelphi University. He currently coordinates the Multisensory Therapeutic Environment Program (MSTE), and is also a Treatment Team Leader. Mr. Berg is also an Assistant Professor of Psychology at Suffolk Community College. His interests and experience include working with at-risk children who have developmental disabilities.

Blum, Cynthia, Ph.D.

Dr. Blum received her doctoral degree from The New School of Social Research in clinical psychology. Her responsibilities at Pilgrim include the treatment of psychiatric rehabilitation patients. She is also a member of the hospital-wide program to reduce self-injurious behavior. Her professional interests include Neuropsychological assessment and testing, and differential diagnosis.

Chaudhry, Bushra, Ph.D.

Dr. Chaudhry received her doctorate from the University of North Carolina-Greensboro. She is currently providing psychological services on the admissions unit and previously worked as a behavioral specialist. She is a member of the hospital forensic committee and the ACCESS committee. Dr. Chaudhry is also trained in Disaster and Trauma response, and is a member of the Hospital Forensic Committee.

Close, David, Psy.D.

Dr. Close received his doctorate from Long Island University, C.W. Post Campus. He is currently a psychologist at Western Suffolk Center, an outpatient clinic at Pilgrim Psychiatric Center. Dr. Close also facilitates a Sex Offender Group and is a member of the Disaster and Trauma Response Team. His concentration is in working with the severely and persistently mentally ill, and sex offenders.

Delman, Howard M., Ph.D.

Dr. Delman received his degree in Biopsychology from The City University of New York. He obtained postdoctoral certification in both Clinical and School Psychology through Hofstra University. A research associate for nearly 15 years in the North Shore-LIJ Health System, Dr. Delman's interests include psychopharmacology (especially in the treatment of schizophrenia and resulting movement disorders), psychological assessment, and testing. He is a member of the Hospital Forensic Committee.

In addition to his responsibilities at Pilgrim, he also has a private practice, serving a diverse range of clientele.

Herbert, Kenneth, Psy.D.

Dr. Herbert received his doctoral degree in Clinical Psychology from the University of Hartford in Connecticut. He is currently working as a licensed psychologist on an Admissions Ward at

Pilgrim Psychiatric Center. Professional interests include trauma therapies (EMDR), Biofeedback, & Clinical Hypnosis.

Jablonski, Jennifer, Ph.D.

Dr. Jablonski received her doctoral degree and certificate in group psychotherapy from St. John's University in Jamaica, NY. She later obtained her post-doctoral training in dialectical Behavior Therapy from the Zucker Hillside Hospital and Schneider's Children's Hospital. She is currently on the Hospital Forensic Committee and the Director of the Graduate Psychology Externship program, and she supervises both externs and interns. Areas of special interest include Dialectical Behavior Therapy, group psychotherapy, and developing psycho-educational materials for patients.

LaMonica, Richard, Ph.D.

Dr. LaMonica received his doctoral degree from Hofstra University. He is currently assigned to one of the admissions wards and has had experience working on the Intensive Treatment Unit of the hospital. Professional interests include forensics, neuropsychology, cognitive behavioral treatment and personality theory. He is a member of the Hospital Forensic Committee, and has been certified in Disaster and Trauma Response. In addition to his responsibilities at Pilgrim, he also has a private practice, serving a diverse range of clientele

Miller, Geraldine, Ph.D.

Dr. Miller received her doctoral degree from the City University of New York. She had worked as a psychologist at Buckman Center, an outpatient clinic at Pilgrim Psychiatric Center, and recently retired. Dr. Miller is now a professor at Suffolk Community College, but still volunteers as a guest instructor for our Internship Program. Professional interests include behavior modification and cognitive behavioral strategies.

Mora, Louis Ernesto, Ph.D.

Dr. Mora received his doctoral degree from St. John's University. He is currently working as a psychologist on an inpatient unit for Spanish-speaking patients. His professional interests include psychological testing and religion.

O'Donnell, Donald, M.P.S.

Mr. O'Donnell received his Masters of Professional Services degree from Long Island University, C.W. Post campus. He currently works as an Applied Behavior Specialist for a large developmental disabilities agency. His interests include risk management of high risk populations, gene-brain-behavior relationships, and co-existing psychiatric disorders in the developmentally disabled.

Pellicio, Mary, Psy.D.

Dr. Pellicio graduated with a doctoral degree from Long Island University, C.W. Post Campus. She is the Supervising Psychologist, as well as clinical training director for the Internship Program. Dr. Pellicio is also an instructor in Preventing and Managing Crisis Situations, and a member of the Hospital Forensic Committee. She has also been certified in Disaster and

Trauma Response. Her areas of interest include Serious and Persistent Mental Illness, Health Psychology, and Issues in Death and Dying, with an emphasis on psychodynamic interventions

Poretzky, Paul, Ph.D.

Dr. Poretzky received his doctoral degree in Clinical Psychology from St. John's University. He is currently the Chief of Psychology at Pilgrim Psychiatric Center. His primary professional interest has been working with families of individuals with chronic mental illness, particularly through the psychoeducational management model. In addition to his responsibilities at Pilgrim, he also has a private practice, serving a diverse range of clientele.

Reisine, George, Ph.D.

Dr. Reisine received his doctoral degree in Clinical-School-Community Psychology from Hofstra University. He is providing treatment to the Psychiatric Rehabilitation units, one of which services primarily forensic patients, and serves on the Hospital Forensic Committee. His professional interests include individual psychotherapy, depression, anxiety, and relationship issues. In addition to his responsibilities at Pilgrim, he also has a private practice, serving a diverse range of clientele.

Schechtman, Edward, Ph.D.

Dr. Schechtman received his doctoral degree from New York University in counseling psychology. Before his retirement from Pilgrim Psychiatric Center, he was a staff psychologist and Supervisor for our Internship Program. His professional interests include clinical hypnosis, treatment of alcohol and other psychoactive substance use disorders and performance psychology. He currently is in private practice, and conducts seminars in Hypnotherapy for the Internship Program.

Sierra, Anthony, M.A.

Mr. Sierra received his master's degree in Psychology from Queens College of the City University of New York. He is also certified in Animal Assisted Therapy Facilitation from Mercy College. His responsibilities at Pilgrim include individual and group animal-assisted therapy, seminar presentations, and assisting in the care for the animals at Pilgrim's Barn. He also works part-time at Queens Center for Change, facilitating mandated parenting, anger management, and sex offender group treatment.

Verstaendig, Joel, Ph.D.

Dr. Verstaendig received his doctoral degree in Clinical Psychology from St. John's University. He is currently assigned to the Buckman Outpatient Clinic. Professional interests include biofeedback, individual and family therapy.

White, Leonard, Ph.D.

Dr. White received his doctoral degree from the New School of Social Research. His responsibilities at Pilgrim include: assignment to the Clinical Neuroscience Center (CNC) and adult inpatient units. He is clinical assistant professor of Psychiatry at the Mt. Sinai School of Medicine. Dr. White is also a member of the Hospital Forensic committee. His professional interests include brain behavior relationships, cognition in schizophrenia and objective system measurement. Dr. White has also published many articles in the research field.