

**Queens Children's Psychiatric Center  
74-03 Commonwealth Blvd  
Bellerose, New York 11426  
(718) 264-4500**

**Psychology Extern Training Program**

Executive Director: Keith Little, Master of Public Administration (MPA)  
Director of Psychology: James McCarthy, Doctor of Philosophy (Ph.D.), American Board of  
Professional Psychology (ABPP)  
Clinical Director: David Rube, Medical Doctor (M.D.)  
Director of Extern Training: Diana Miley, Doctor of Psychiatry (Psy.D.)

Queens Children's Psychiatric Center is a New York State Office of Mental Health facility that treats severely, chronically mentally ill children and adolescents and their families. It is one of the largest psychiatric facilities for children and adolescents in the United States and has a large staff of mental health professionals and child care workers.

Queens Children's Psychiatric Center provides individualized treatment for each child with an emphasis on family involvement. Treatment is carried out by multi-disciplinary teams of psychiatrists, psychologists, social workers, nurses, recreational therapists, creative arts therapists and specialized child care staff.

The Executive Director of Queens Children's Psychiatric Center (QCPC) is Mr. Keith Little, MPA. The original founder of QCPC was Dr. Laretta Bender who retired in 1970. QCPC is affiliated with Columbia University College of Physicians and Surgeons for medical student education and the training of child psychiatry fellows and affiliated adult psychiatry residents. Since the early 1970's, the QCPC Psychology Department has been affiliated with local universities and has provided externship and practicum training for graduate students in clinical, school and counseling psychology.

### **Hospital Description**

In addition to providing inpatient and day treatment services for youth in all of Queens County, QCPC is responsible for inpatient services for most of Manhattan as well as day hospital treatment for both children and adolescents in Manhattan. The Queens Campus patient care facilities consist of two buildings situated in Bellerose, Queens. The building which contains QCPC inpatient services, as well as the Administrative offices is located in Building 55, which was newly renovated in 2007. The Queens Children's Center Community Services building is located in Building 57 which was recently built and opened in 2008 to provide Day Treatment services to youngster's ages 6-8 (Iris Hill), 9-12 (Middle School), and 13-18 (Upper School). Both buildings are located on Commonwealth Boulevard in Bellerose. The Manhattan Day Treatment services are located in P.S. 94 on the Lower East Side and the Robert F. Kennedy School on the Upper East Side.

### **Accreditation**

QCPC is accredited by the Joint Commission on Accreditation of Hospitals and its Psychology Department Intern Training Program is approved by the American Psychological Association.

### **Patient Population**

The population averages 84 inpatients, over 200 day-hospital patients, and 50 clinic patients. Seriously emotionally disturbed children up to the age of 18 are eligible for treatment. Admissions are generally on a voluntary basis, with patients referred from Queens and Manhattan by other hospitals, schools, clinics, courts and community agencies.

### **Clinical Services**

The comprehensive program of care includes complete medical, psychiatric and psychological evaluations; individualized treatment plans; education in a fully equipped school; supervised group experience to develop social skills; family counseling; and the development of community responsiveness to the children's needs.

The QCPC Inpatient Services Division provides treatment for Queens and Manhattan children and youth up to the age of eighteen upon referral from other psychiatric hospitals.

The QCPC Community Services Division includes the day hospital programs and an on-site outpatient clinic. It also provides screening and consultation for outpatients, Intensive Case-Management Services, court related referrals and referrals to the New York City Committee on Special Education.

### **Community and Family Participation**

The hospital has a large number of volunteers who work with the children under supervision, a community Board of Visitors, an Advisory Council of community groups, professionals, parents and legislators and also Parent Advocates who assist the families and offer advice on consumer oriented quality improvement projects.

QCPC is committed to the participation of family members in all aspects of treatment planning. Family therapy is strongly encouraged, and when appropriate, supportive services are provided, including Intensive Case Managers, Homemaker Services and home visits. Parents or guardians are asked to meet with the children's therapists regularly, to attend planning conferences and to participate in Parents' Advisory Committee Meetings. Parenting Classes are regularly conducted for all units.

### **Externship Training and Educational Goals**

Externship training is coordinated by Diana Miley, Psy.D. Director of Externship Training and James McCarthy, Ph.D., ABPP, Director of Psychology.

### **Philosophy**

The philosophy of the Externship is one of balancing supervision and training with intense involvement in assessment, treatment team activities and clinical work with severely disturbed children and adolescents.

The Externship provides in-depth training in assessment, treatment and treatment planning for psychology students who are enrolled in accredited graduate programs in clinical, school and counseling psychology. The orientation of the Psychology Department and the overall training is eclectic and child-centered.

Training by licensed, staff psychologists is provided in psychological testing and diagnostics through case seminars, supervision and through presentations at diagnostic conferences. Under close supervision, Externs are expected to do family treatment in addition to seeing children and adolescents in individual and group therapy. Training in individual, group and family therapy, crisis intervention and treatment planning is provided through seminars, Grand Rounds, case consultations and supervised experience.

### **Goals**

The educational goals of the Externship are to develop existing skills in assessment and treatment, to familiarize trainees with the complexities of severe psychopathology and the role of the psychologist in interdisciplinary treatment teams, and to encourage and provide opportunities for professional growth. Clinical work with families is considered a crucial aspect of the training. Sensitivity to both cultural diversity and ethical standards is considered essential.

### **Responsibilities**

Externs typically see a minimum of two patients and families; co-lead psychotherapy groups; complete eight to ten psychological assessments per year; participate in treatment team activities and attend hospital Grand Rounds, diagnostic conferences, case conferences and training lectures.

## **Supervision**

Externs are provided with at least two hours of individual supervision per week by a supervising psychologist, or more, depending on the extent of the extern's responsibilities. Supervision and training is provided by thirteen experienced, licensed psychologists, and a majority of the supervisors have had advanced postdoctoral training. The supervising psychologists directly oversee the Externs' work on the units where they are assigned. Additional supervision is provided as needed.

## **Seminars**

In addition to weekly supervision and other training, Externs participate in Clinical Treatment and Assessment/Psychopathology seminars. Seminars include an introduction to principles of psychiatric assessment and psychopharmacological treatments. Externs are also expected, when able, to participate in other hospital-wide training seminars, Grand Rounds and other lecture series.

## **Extern's Duties**

Depending on the university requirements, the time commitment is usually two days per week from September through June. After a brief period of orientation, Externs are expected to be primary therapists for assigned patients on inpatient, outpatient or day hospital units. Under supervision, they do treatment and discharge planning, psychological assessment, individual, group and family therapy. Externs participate in a variety of unit meetings and are expected to present cases at diagnostic conferences. They see assigned patients a minimum of twice per week in individual therapy and are also expected to do family work with each of the patient's families. Externs may also conduct group therapy with an experienced co-therapist.

In order to ensure exposure to a range of patients and to benefit from additional supervision, Externs complete at least one third of their psychological testing on QCPC inpatient units. Externs generally do two thirds of their assessments on the units where they are assigned and one third on other QCPC units.

## **Training Sites**

Externs are assigned to training sites, and efforts are made to accommodate their preferences. QCPC psychologists provide supervision for Externs' responsibilities in all training sites. All of the following sites are available for Extern training, and the first six are located in Queens:

### **Iris Hill Unit**

Externs in the Iris Hill Unit do individual, play, family and group therapy with patients, aged six to eight years, and with these patients' families.

### **Middle School Day Hospital**

Middle School Externs work in a day hospital which treats nine to twelve year old patients. Individual therapy, play therapy, group therapy and family therapy approaches are utilized.

### **Upper School Day Hospital**

Externs assigned to the Upper School work with thirteen to eighteen year old patients and their families, and provide individual and group therapy.

### **Intensive Day Treatment Unit**

Externs assigned to the Intensive Day Treatment Program work with children and

adolescents for a forty-five day period in order to facilitate discharge from inpatient services to community services, to prevent the inpatient hospitalization of a day hospital or outpatient child, to complete an intensive evaluation and to stabilize a highly vulnerable community-referred youngster. Individual, group and family treatment approaches are used in this unit.

### **Boys Inpatient Unit**

Externs' work in this service involves intensive team treatment of hospitalized boys usually from ages eight through eighteen years old. Family, individual, group and play therapy approaches are also used with these patients.

### **Girls Inpatient Unit**

Externs who work in this unit do intensive treatment with hospitalized girls, usually from ages eight to eighteen. Individual, family, group and play therapy approaches are also used with these patients.

### **Adolescent Day Hospital-Manhattan**

This Day Treatment program is located in the Kennedy School on the Upper East Side of Manhattan. Individual, family and group therapies are also used in the Adolescent Day Hospital.

### **Prerequisites**

Full time, matriculated candidates who are enrolled in clinical, school and counseling psychology programs whose Externship or clinical practicum will be used to satisfy degree requirements will be considered for placement.

Students who are selected for the Externship must have completed at least one year of full-time graduate study. Students should also have completed basic courses in cognitive assessment and projective testing by the beginning of the Externship year.

### **Selection Criteria**

Requirements for acceptance as an extern include: the university's written approval for Externship, submission of a Curriculum Vitae (C.V.) or resume, two letters of recommendation, a sample testing report with all identifying information deleted and a personal interview. In addition, please note on your cover letter, which training site you are interested in, as preferences will be taken into consideration.

### **Application Process:**

Interested students should **mail** their paper copies to:  
[Diana Miley](#), Psy.D.  
Director of Externship,  
Queens Children's Psychiatric Center  
74-03 Commonwealth Boulevard, Bldg. 57  
Upper School Day Treatment  
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