

DOCTORAL PRACTICUM TRAINING
IN PSYCHODYNAMICALLY-ORIENTED PSYCHOTHERAPY
& STANDARD BATTERY ASSESSMENT

2012 – 2013

Counseling and Psychological Services

Stony Brook University

Student Health Services Building, 2nd Floor

Stadium Road

Stony Brook, NY 11794-3100

Telephone: (631) 632-6720

FAX: (631) 632-9754

<http://studentaffairs.stonybrook.edu/caps/training>

Introduction

Stony Brook University is located 60 miles east of New York City on Long Island's North Shore, with the LIRR stopping right on campus. The University was built to serve the metropolitan New York City region and provides access to higher education for a richly diverse population of New York as well as international students. Counseling and Psychological Services (CAPS) serves an undergraduate, graduate, and professional student body of over 25,000. In all, the university is an ideal setting for practicum training, offering the opportunity to work with clients of extremely diverse backgrounds and levels of functioning, as well as varied presenting problems. Given recent campus events in national news, it is apparent that clinical care for university populations is of genuine significance.

Program Purpose and Description

Training goals for the externship program at CAPS are two-fold:

1. Improvement of clinical skills for pre-doctoral psychology students in working with a diverse population of young adults, providing psychodynamic psychotherapy and assessment;
2. Development of the training psychologists' professional knowledge, skills and attitudes, in preparation for their internship year.

The 10-month externship will begin September 11, 2012 and end May 31, 2013. Externs carry a caseload of approximately eight clients. Externs will also have the opportunity to conduct standard batteries should they select to, with an emphasis on integration of projectives. Externs may have the opportunity to co-lead groups and conduct intake interviews, depending on trainee readiness. Each extern will have two supervisors for clinical work, one a senior staff clinician and the other an intern from an APA-accredited doctoral psychology program. Additional supervisors may be utilized for testings. Up to four externs are accepted each year.

Externs' Anticipated Weekly Schedule, in Hours

- 8.0: Individual psychotherapy (maximum)
- 2.0: Intakes/assessments* (depending on trainee readiness)
- 1.5: Group therapy/assessments* (depending on trainee readiness and group availability)
- 2.0: Individual supervision
- 1-2: Team meetings, staff development
- 1.0: Seminar

Approximately 16 hours total (including paperwork).

The one day of the week all practicum trainees are expected to attend is Tuesday.

Program Philosophy

The primary theoretical orientation of the majority of supervising clinicians at SBU's CAPS is contemporary psychodynamic (relational/intersubjective). Practicum training focuses on developing a strong grounding in this approach; thus the following description of our integrative model is dependent on trainee readiness: in practice and training we have integrated alternate treatment modalities (CBT, SFBT, Motivational Interviewing, DBT, Mindfulness, etc.), so that we now consider ourselves an *integrative psychodynamic* program. Depending on each extern's level of development, techniques from these other modalities may be woven into our essentially psychodynamic philosophy of understanding clinical phenomena.

Our integrative approach to treatment may ultimately be reflected in practicum training as follows: during the psychotherapy seminar, externs review Object Relations and Self Psychological theories, leading to a strong foundation in contemporary analytic theory. While understanding personality development and psychopathology from this perspective, training also focuses on principles of change and varieties of therapeutic technique. Through didactics and supervision, trainees may learn how to hold true to a central philosophy of mind while at the same time expanding their technical repertoire, taking into consideration the presenting problems, deficits, and capacities of the individual client.

This approach is especially fruitful in working with a student population, whose developmental trajectories are still unfolding and whose diversity challenges clinical categorizations: some may come in simply needing solution-focused reminders of their strengths; others may need practice at challenging negative cognitions. Some present with complex interplays of history, culture, language and sexual orientation; while others need corrective relational experiences to challenge maladaptive internal representations of self with other. As college students, clients often have the mental capacities – and the willingness – to change. Thus, trainees have the opportunity to actually witness the impact of their interventions: to see what works, for whom, and why. The use of assessments is woven into a clinician’s understanding, not only of *what* needs treatment, but *how* treatment might best be utilized towards optimal change.

Testing Batteries

Assessments include partial to full standardized batteries, including projectives: along with the WAIS-R, for example, externs will use the TAT and Rorschach to answer questions pertaining to cognitive, personality, and diagnostic issues. Supervisors will focus on integrating and interpreting data for reports. Depending on reasons for assessment referral, discussions will include ways in which results may be useful for the referring source.

This externship does not require the completion of testing batteries; it is available to trainees at their request and depending on their level of readiness.

Application Procedures

All pre-doctoral psychology students may apply. Early trainees are welcome, as long as they have had some sort of clinical experience prior to attending. Because CAPS is a clinical (as opposed to academic) site, training in how to conduct assessments is not provided; externs will be expected to know how to conduct evaluations.

Qualified applicants will be invited to interview with CAPS staff.

Interested applicants should send the following:

1. Curriculum Vitae
2. Letter of interest
4. Statement of readiness from academic program
5. Sample report/s (Intake preferred; for those externs wishing to conduct testing an integrated report should also be submitted)

3. One letter of recommendation

Applications should be mailed to:

Clarissa Bullitt, Ph.D., Training Director
Stony Brook University Counseling and Psychological Services
Student Health Services Building, Rm. 254
Stadium Road
Stony Brook, NY 11794-3100

Telephone: (631) 632-6720

E-mail: Clarissa.Bullitt@stonybrook.edu