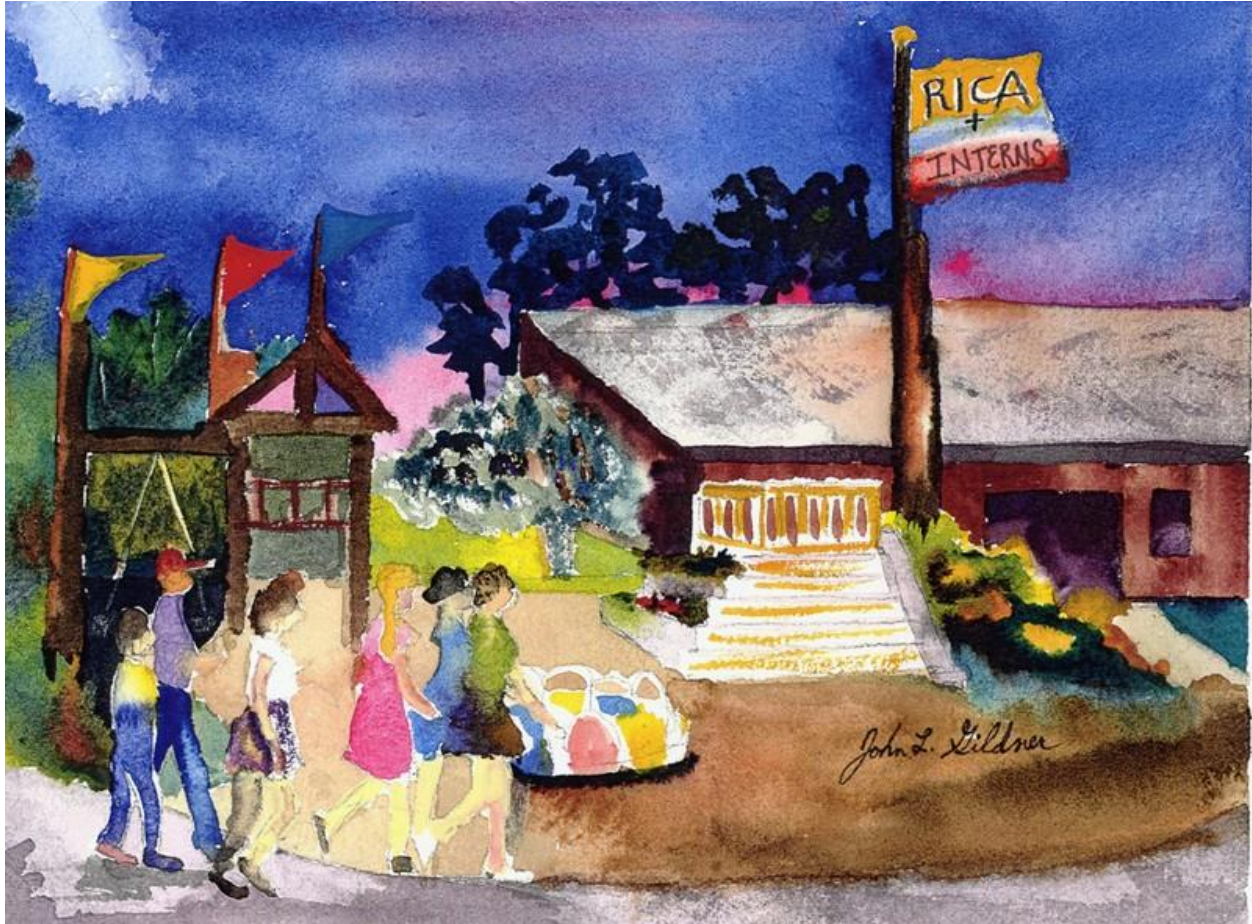


DOCTORAL INTERNSHIP IN CLINICAL PSYCHOLOGY
2018-2019



The John L. Gildner Regional Institute for Children and Adolescents
Rockville, Maryland

State of Maryland
Maryland Department of Health
APA Accredited¹

¹APA Committee on Accreditation, 750 First Street, NE, Washington, DC 20002-4242 (202) 336-5979



JOHN L. GILDNER
REGIONAL INSTITUTE FOR CHILDREN & ADOLESCENTS



15000 Broschart Road • Rockville, Maryland 20850-3392
Telephone: 301.251.6800 • Fax: 301.309.900

Dear Prospective Applicant,

Thank you for your interest in the APA-Accredited Doctoral Clinical Psychology Internship at the John L. Gildner Regional Institute for Children and Adolescents (JLG-RICA) in Rockville, Maryland. This brochure describes our internship training program, the eligibility requirements and the application procedures. All application materials should be submitted using the online process and national match developed by the Association of Psychology Postdoctoral and Internship Centers (APPIC). Information regarding the online application process and registration for the national matching program can be found on the APPIC website (www.appic.org). All application materials for our program must be submitted by Midnight (EST) on Friday November 10th for consideration.

We look forward to receiving your application. Please contact me if you have any questions or need additional information about our program.

Sincerely,

Monya Cohen, Psy.D.
Licensed Psychologist
Director of Internship Training
JLG-RICA

monya.cohen@maryland.gov
301-251-6882

OUR MISSION

To provide the best possible patient care and education to all students and their families

The John L. Gildner-RICA 2018-2019
DOCTORAL CLINICAL PSYCHOLOGY INTERNSHIP

The John L. Gildner Regional Institute for Children and Adolescents (JLG-RICA) is a State of Maryland supported community-based residential and day treatment center and Montgomery County special education school for 115 emotionally disabled children and adolescents, ages 9-21. JLG-RICA began admitting students in 1980 and has held full accreditation status by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) since 1981. JLG-RICA is an interagency program operated by the Maryland Department of Health (MDH) in partnership with Montgomery County Public Schools (MCPS). Day treatment students are accepted from Montgomery County. Residential students are admitted from Montgomery and surrounding Maryland Counties (Carroll, Frederick, Howard, Prince Georges and Washington).

JLG-RICA offers a full range of services: Day and residential treatment; milieu therapy; psychopharmacology; recreational and expressive therapies; individual, family and group therapy; Dialectical Behavioral Therapy (DBT) and a fully accredited Montgomery County Public Schools with academic and vocational programming. The clinical staff is comprised of five psychiatrists, nine licensed psychologists, five licensed clinical social workers, and three expressive therapists. In addition, JLG-RICA has a large staff of registered nurses and residential counselors. School staff are employed by Montgomery County Public Schools (MCPS) and include certified Special Education teachers and instructional assistants. During the school day medical coverage is provided by the health suite staff, comprised of a registered nurse and a part-time pediatrician. JLG-RICA is built on a 15-acre campus and consists of an administrative/clinical building that adjoins the school building. There is also an indoor pool, an exercise room and a refurbished gymnasium. Basketball courts, two baseball diamonds and a large football/soccer field surround the school building. The facility is handicap accessible and has been upgraded to meet ADA guidelines. JLG-RICA is in close proximity of the Capital beltway and public transportation, including the Metro, an efficient subway serving the metropolitan Washington area.

MULTIDISCIPLINARY APPROACH

JLG-RICA is a unique collaboration between clinical, residential and educational services within a single facility. This allows for “transitions” between therapeutic levels of care. Depending on their clinical needs, RICA students may live in a private residence, therapeutic foster care or group home, residential cottage or on the

RICA Evaluation Unit, while the RICA school remains constant. For most residential students, the long term objective is to transition to their home environment, by way of weekend passes while processing progress and assessing continuing needs through weekly family therapy meetings. A multidisciplinary team approach is the foundation of the JLG-RICA treatment program. The clinical, residential and educational programs are integrated through the **team concept** and the coordination of the individual treatment plan (ITP) and the individual education plan (IEP). A clinical therapist is at the core of each child's treatment team and serves as both primary therapist (providing individual and family therapy) and case manager.

An expressive therapist, residential staff and school staff are assigned to each child and his/her family throughout their stay at JLG-RICA. In addition, a consulting psychiatrist works closely with each treatment team. This team develops implements and monitors the student's treatment plan. Students are involved in individual and group therapy, with the frequency determined by each student's needs. All families are encouraged to participate in family therapy. Therapists are available to see families during day and/or evening hours. A student's behavioral progress is monitored through the use of a "phase system" a structured behavior modification program involving both short and long-term goals for increasingly appropriate behavior.

The residential program provides a 24-hour living environment for students who are unable to function in the community or at school without intensive structure and supervision. Within the residential program, the staff fosters personal and social growth, independent living, goal setting and group cohesiveness, based on each student's developmental needs. The goal of treatment for residential students is their return to their family or, when clinically indicated, placement in a group home or specialized foster care.

Expressive therapy services offer a variety of process-oriented therapies based on each student's emotional needs and developmental skill level. These therapies currently include art, music and movement modalities. Interns often choose to co-lead these groups as a way to develop an appreciation for these alternative treatment modalities.

A special eight-bed Evaluation Unit (EU) is provided for adolescents who have been ordered into residential treatment by juvenile or family court for the purpose of conducting psychological, educational, social and psychiatric assessments and developing placement, treatment, and academic recommendations. Interns are

assigned to the EU for a period of six to eight months and are responsible for two clinical cases under supervision. As part of their testing requirement, interns may also conduct psychological and educational evaluations on the EU. Additional opportunities during the EU rotation may include attending court hearings, participating in County IEP meetings, and coordinating directly with community providers.

The RICA educational program strives to provide a rigorous instructional program while focusing on students' social/emotional skill development. The school employs a strong behavior management system and helps students build their resilience, perseverance, self-awareness, and growth mindset skills. There is a small staff to student ratio in order to provide as much individualized and personalized instruction as possible. A variety of specialized services are offered in a highly structured classroom setting which stresses the consistent implementation of each student's IEP. Instruction follows the MCPS curriculum and is based on Common Core State Standards. Academic and special course offerings include English/language arts/reading, math through pre-calculus, foreign language, social studies/history/government, sciences, art, music, physical education, technology, career awareness and site-based work experience. When students demonstrate social-emotional readiness they can mainstream into Montgomery County's comprehensive school programs, with the goal of eventually returning full-time to a less restrictive environment.

GENERAL DESCRIPTION OF THE DOCTORAL PSYCHOLOGY INTERNSHIP

TRAINING PROGRAM

JLG-RICA is highly committed to the training of doctoral interns in psychology. Our doctoral internship training program is designed to meet the one-year requirement for obtaining the Doctor of Philosophy (Ph.D.) or Psychology (Psy.D.) degree in Clinical Psychology. In June 1991, the APA granted the JLG-RICA internship program provisional accreditation as a Clinical Psychology Doctoral Internship (as is traditional at a program's onset). We have successfully maintained full accreditation status² through three APA site visits, the first in October 1996, the second in May 2001, and most recently in June 2013. The internship program adheres to the standards of the Association of Psychology Postdoctoral and Internship Centers (APPIC), as well as those of the National Register of Health Providers in Psychology. Only applicants from Clinical Psychology programs are considered. We offer three fully funded positions, plus State employee benefits

²APA Committee on Accreditation, 750 First Street, NE, Washington, DC 20002-4242 (202) 336-5979

including health insurance, vacation and all State holidays. The current stipend is \$28,295.00. The internship begins in early August and continues into the following August for one calendar year (2,000 hours required).

JLG-RICA STUDENTS DIVERSITY

The JLG-RICA student population is diverse in terms of age, racial and ethnic backgrounds, gender and psychopathology. Current demographic statistics are as follows: Gender distribution is typically 41% female and 59% male. Ages range from 9-21 years old, with an overall average age of 15.

JLG-RICA students are drawn from the racial and cultural communities represented in surrounding Maryland counties. Currently 59% come from minority groups, the largest of which is African-American (29% of all students). Other percentages of students are Latino (19%), Asian (5%) and biracial (6%). Caucasians represent 41% of the population.

The most common reported JLG-RICA family constellations are single-parent households (46%); followed by both biological parents present (28%), adoptive parents (12%), and blended families with stepparents (13%). The overall socioeconomic status of JLG-RICA families is normally distributed and divided into four groups. At present, our clients are somewhat over-representative of the lower middle income group.

Other student characteristics of interest include adoption outside the family (17.7%). Some of our students are either court ordered to JLG-RICA or court involved. Many of our students are involved with Montgomery County Department of Child Welfare or the Maryland Department of Juvenile Services.

The most common diagnoses our students have on admission to our program are Depressive Disorders (34%), Post-Traumatic Stress Disorder (10%), Anxiety Disorders (9%), Autism Spectrum Disorder (8%), Attention Deficit Hyperactivity Disorder (8%), Bipolar Disorder (7%), Mood Disorder NOS (5%), Oppositional Defiant Disorder (5%), Reactive Attachment (4%), Impulsive/Explosive (2%), Schizoaffective (1%), Other (7%). These diagnoses often occur in combination with specific learning disabilities. Other types of psychopathology seen in the JLG-RICA population include traits of personality disorders, Conduct Disorder, Impulse Control Disorder, Obsessive Compulsive Disorder and Substance-related and Addictive Disorders.

PHILOSOPHY

Our facility's late Chief Executive Officer, John L. Gildner, articulated the following Mission Statement for the facility: *"To provide the best possible patient care and education to all students and their families."*

JLG-RICA's mission is actualized through the Vision Statement, which strives to make the facility *"a resilient and fully integrated multidisciplinary program, which addresses each realm of functioning for every client in our care."*

In accordance with this mission and vision, the JLG-RICA Protectoral Clinical Psychology Internship Training Mission is: *"To provide the best possible professional Psychology training within a multidisciplinary team setting for emotionally disabled children, adolescents and their families."*

The twin tenets of JLG-RICA's internship training program are:

- I. To provide a range of clinical experiences with emotionally disabled children and adolescents that prepares interns to assume professional responsibility in a variety of related settings, and
- II. For interns to achieve a thorough integration of psychological knowledge, theory and practice.

The training model used to achieve these goals most closely fits the Practitioner-Scholar model, with the emphasis on clinical practice and service delivery, as well as learning by doing. Elements of the Scientist-practitioner and Scholarship Practitioner models are also evident, but less prominent in the training program. Consistent with the Practitioner-Scholar model, interns are treated as professional colleagues who are expected to function as "primary" clinical therapists and fully integrated members of their respective treatment teams. They are guided and supported throughout their internship year by intensive supervision, mentoring and a planned sequence of relevant training activities. Interns are exposed to the role of psychologist as Scientist-Practitioner through their involvement in a yearlong clinical research or program evaluation project.

The Scholarship-Practitioner model is manifested through the Psychology Seminar series, a weekly series of clinical case conferences or educational presentations focusing on current research and best practice treatment interventions that meet the

current mental health needs of our students and families. Seminar topics offered during the 2016-2017 internship year include:

- Assessment of and Interventions for Adolescents on the Autism Spectrum in a School Setting
- A Brief Introduction to Exposure in Stage 2 DBT
- In House Art Experiential Landscapes
- Internet Crimes Against Children
- Developing Multi-Cultural Competencies: Challenges and Opportunities for Working with Diverse Children
- Family Systems Theory & Strategies: Engaging Reluctant Families
- Ethics and Child Treatment
- Surviving Assault: Yoga Essentials for Complementary Early Intervention Following Assault or Trauma
- Gang Awareness and Recognition
- Introduction to Telemental Health via Video Conferencing
- Assessment and Treatment of Juvenile Sexual Offenders- Best Practices
- Legal and Regulatory Issues Affecting the Profession of Psychology
- Developmental Regression in Autism Spectrum Disorders
- Clinical Case Conference
- A Qualitative Study on Parents Raising Transgender Children

Of relevance to the training program is the overall philosophy of JLG-RICA; specifically, that treatment for our population is best provided by a systems oriented, multidisciplinary team approach. The treatment team respects the fact that each student is connected to a system comprised of himself or herself, his/her family, school and community. Individualized treatment planning is implemented by a multidisciplinary team consisting of clinical, residential and educational staff that works directly with the child.

At the center of each child's treatment team is a primary therapist who serves as the individual and family therapist, mental health consultant and case manager. The primary therapist, in consultation with the team, develops the individual treatment plan (ITP) and subsequently coordinates and monitors its implementation. Interns are trained primarily in carrying out this demanding and complex role. Secondary roles include conducting psychological assessments, providing group therapy and participation in applied clinical research.

The clinical staff at JLG-RICA believes that the training of psychology interns to handle multiple clinical roles within a complex multidisciplinary system is helping them acquire the skills and flexibility to function in a wide variety of clinical settings. In the ever-changing mental health market, psychologists must learn to adapt to different settings, roles and responsibilities while maintaining a distinct and professional identity. Our graduates have given us feedback that their experience at JLG-RICA helped them to “fit in” with their subsequent job settings and prepared them to handle a variety of experiences with confidence.

The psychology internship is an integral part of the JLG-RICA clinical program. Other members of the clinical, administrative, school and residential staff are always eager to work with the interns because they bring new ideas, different treatment approaches, and a fresh perspective to the facility.

EXPECTATIONS, GOALS, AND OPPORTUNITIES

Upon completion of the JLG-RICA Internship, Interns will be expected to perform psychological assessments, individual, group and family therapies, and consultation at an entry level of professional competence. Training goals are as follows:

1. Interns will gain entry level professional clinical skill and competence in providing individual, family and group psychotherapy, as well as case management responsibilities with a child/adolescent population.
2. Interns will be able to provide consultation and liaison within JLG-RICA’s multi-disciplinary system, as well as with community agencies.
3. Interns will learn and apply ethical standards to the practice of psychology.
4. Interns will develop and strengthen psychological assessment techniques appropriate to children and adolescents with special needs.
5. Interns will understand organizational functioning and the dynamic process inherent in a group – in particular, the purposeful professional role of the psychologist in a complex mental health organization.
6. Interns will gain an understanding of the main issues involved in conducting applied research and program evaluation within a mental health agency.

7. Interns will integrate academically acquired information and apply this knowledge to the practice of psychology through participation in training seminars, workshops, and staff meetings.
8. Interns will utilize supervision and collaboration to accomplish the above goals.

To achieve these goals, interns will be available to JLG-RICA a minimum of 40 hours per week for 12 months (2,000 hours). Psychology Internship training will focus on clinical treatment and intervention (Psychotherapy), case management and assessment/evaluation under the supervision of licensed staff psychologists.

In addition to meeting program requirements, the interns are expected to abide by the facilities policies, rules and guidelines. The interns will act in accordance with professional standards and ethics, as prescribed by APA and as is customary at JLG-RICA. Interns are required to sign a confidentiality statement.

During their internship year at JLG-RICA, the student's responsibilities include:

1. Functioning as part of a multi-disciplinary team in managing an assigned caseload, which includes the following duties to be completed under supervision:
 - a. Providing individual and family psychotherapy.
 - b. Consulting and communicating with all components of the internal treatment system including but not limited to clinical, school and residence.
 - c. Consulting and communicating with appropriate external systems as applicable, including but not limited to the Department of Juvenile Services, the Department of Health and Human Services and the Juvenile Court.
 - d. Maintaining the appropriate records associated with all assigned cases.
2. Group Psychotherapy and Supervision: The interns are responsible for co-leading a combination of 2 psychotherapy, psychoeducational or expressive therapy groups (either 2 short term groups; 1 long term group or 1 short term combination) and attending bi-weekly 1 hour group therapy supervision. Opportunities for group psychotherapy include art/movement/music therapy and Huddle Up and Cope (includes a 45-minute weekly planning meeting). Group psychotherapy is supervised by a licensed psychologist in collaboration with the Expressive Therapy Team.

A second group therapy option includes Dialectical Behavioral Therapy (DBT). This group therapy option involves attending a weekly DBT Skills training (45 minutes), co-leading or observing a weekly DBT Skills group (1.5 hours) and attending the weekly DBT Consultation Team (1.5 hours) for 12 weeks and bi-weekly (1 hour) group therapy supervision. Supervision is provided by the DBT Consultation Team which includes licensed psychologists.

3. Administration of a minimum of eight psychological test batteries, test scoring, report writing and feedback sessions with parents and students, as well as participation in the IEP meetings.
4. Participation in weekly research meetings and completion of a research project under the direction and supervision of the Director of Research and Program Evaluation.
5. Participation in weekly individual, family and assessment supervision.
6. Participation in scheduled clinical psychology seminars, case conferences and clinical in-service programs.
7. Participation in monthly meetings (and as needed) with the Director of Psychology Internship Training to assess intern goals and progress, intern needs for professional growth and post internship development.
8. Participation in weekly intern process group.
9. Participation in a 6-8-month comprehensive court ordered diagnostic evaluation on the Evaluation Unit.
10. Presentation of a 1.5-hour presentation to RICA staff at Psychology Seminar.
11. Participation in weekly (1 hour) clinical team meetings.

Interns are expected to abide by the rules and guidelines provided by the JLG-RICA staff and to perform in a competent and professional manner. Interns will act in accordance with professional standards and ethics as prescribed by APA and as is customary at JLG-RICA. Should a problem or conflict arise, a procedure is in place to address intern grievances both within the psychology internship program, and as a part of JLG-RICA's routine personnel counseling. This information (per APA standards) is made available to interns during their orientation in August. Intern applicants may also ask to see this information during interviews.

CLINICAL SKILL DEVELOPMENT

Comprehensive Psychological Assessment

Comprehensive Psychological Assessment is a primary focus of the JLG-RICA Doctoral Psychology Internship Program. The intern is expected to have prior assessment experience administering and interpreting a variety of cognitive, social-emotional, personality, and neuropsychological measures. The intern will be required to present the findings in oral and written forms to parents, educators, and other involved professionals. Proficiency in psychopathology, current literature, and diagnostic coding is required. As part of the internship program, the intern will be closely supervised by a licensed clinical psychologist who will evaluate the intern on their administration, scoring, interpretation, written and oral feedback, and openness to supervision. The intern is required to complete a minimum of 8 comprehensive evaluations.

Psychotherapy

A primary focus of the psychology internship program is the development of psychotherapy skills. Interns will be expected to demonstrate professional, entry level competence in the following areas: Interviewing skills, critical thinking skills, report writing skills, observational skills, intervention and interpretation skills, the ability to formulate appropriate treatment goals, the ability to conceptualize cases theoretically, and a thorough understanding of major theories of personality and psychotherapy. Each intern is expected to carry five supervised cases (5-10 individual therapy hours and 4-5 family therapy hours per week) co-lead one family therapy with an individual therapy supervisor and to participate as a co-leader in two group therapy experiences. Each intern is also responsible for 2 EU cases while on the Evaluation Unit.

Case Management

In addition to the basic core skills described above, the intern serves as a case manager for his/her five cases, thus building his/her consultation skills through collaboration with the school and residential staff regarding behavior management and clinical issues, as well as accessing various community resources. Skills in crisis intervention and mental status assessment are also developed over the internship year.

Clinical Research and Treatment Evaluation

In keeping with the model of Scientist-Practitioner, the psychology internship program participates in an active program of clinical research and evaluation of treatment effectiveness. Interns may find opportunities for dissertation research as well. All interns attend weekly research meetings to learn about program evaluation and to conduct a focused program evaluation/research project with expectations of a completed project presentation, report, and/or possible publication.

Evaluation Unit

Interns participate in a six-eight-month comprehensive court ordered evaluation on the Evaluation Unit and are responsible for two clinical cases under the direction and supervision of a licensed psychologist. As part of their testing requirement, interns may also conduct psychological and educational evaluations on the EU if their skills are at the required level. Additional opportunities during the EU rotation may include attending court hearings, participating in County IEP meetings and coordinating directly with community providers.

Group Supervision

Group Supervision is led by a licensed psychologist and the expressive therapists. Each psychology intern is required to co-facilitate a minimum of two different groups (or two semesters of the same group). The current options include opportunities to co-lead an Expressive Therapy group (Music, Dance/Movement, Art), Huddle Up & Cope (HUAC) or Dialectical Behavior Therapy (DBT).

- Expressive therapies are unique treatment modalities which utilize art, music, and movement for nonverbal and verbal expression. We work with the treatment team and student's goals outlined in his or her individual treatment plan. We often see hidden strengths as we work with students. We strive to enhance self-esteem, help build positive relationships with peers, and provide an outlet for feelings that are difficult to put into words. **Music Therapy** offers

students opportunities to grow through creative musical experiences. The purpose is not to teach music, but to accept, support and expand each student's self-expression. **Art Therapy** provides opportunities for self-expression and communication through use of colors, forms, lines, and spaces to reflect feelings in a symbolic form. **Movement Therapy** involves a direct expression of one's self through one's body. Through body actions, the student learns to control impulses, to increase his/her sense of organization, and to explore healthy means of expressing feelings.

- **Huddle Up and Cope:** A skills group for residential students based on research with adolescents with a trauma history. This group is co-led by both clinical and residential staff and teaches self-soothing skills, sensory grounding and improved affect regulation.
- **Dialectical Behavioral Therapy:** DBT is a therapy intervention based on principles of cognitive behavioral therapy, Zen philosophy and the Bio-Social Theory. DBT is utilized in three modalities: Individual therapy, DBT skills group and DBT multi-family skills group. DBT is available for both day and residential students who have a history of emotional and behavioral dysregulation, skills deficits, a history of suicidal ideation or gestures and/or a history of self-injurious behaviors. Interns have the opportunity to learn and develop DBT Skills as a co-leader in a DBT Skills group and participating on the DBT Consultation Team.

Process Group

A crucial part of internship training is personal growth. Interns share information and experiences with one another through participation in the trainee process group one day per week with a RICA employee not affiliated with a clinical team.

Psychology Seminar

The JLG-RICA psychology staff offers a weekly Psychology Seminar focused on clinical, ethical and professional issues. Workshops and seminars offered by professionals in the DC Metro area are approved for continuing education units by the Maryland Board of Examiners of Psychologists and the Maryland Board of Examiners for Social Work.

Directors Meeting

The Director of Internship Training holds a monthly meeting with the interns to promote professional growth and development, as well as facilitate discussions regarding systemic issues and ethical concerns. Guidance is provided in applying for post-doctoral and psychology associate positions and for preparing for licensure.

STRUCTURE OF THE PSYCHOLOGY INTERNSHIP TRAINING

Each intern is assigned to a multidisciplinary Team and serves as primary therapist/case manager to students and their families within the team structure. The major clinical rotation is with adolescent students (ages 9-21). Each student is seen in individual therapy for at least one session a week (or as needed) and families are seen weekly. Interns also serve as co-therapists for two psychotherapy or psychoeducational groups of adolescents or younger children.

All clinical experiences are closely supervised. Supervision for individual and family psychotherapy is provided by staff psychologists and consists of a minimum of two hours weekly. As a role modeling experience, interns participate in co-family therapy with one of their clinical supervisors. In addition, the intern can expect at least one hour weekly of direct individual supervision for psychological assessment.

Throughout the year the intern will be exposed to supervisors from a variety of theoretical orientations. A list of current psychology supervisory staff, clinical staff, psychiatric consultants and past interns is included in the Addendum. Each intern will also meet weekly with his/her team leader for one hour of administrative and case management supervision, and with his/her team psychiatrist for weekly consultation. These experiences are intended to support the intern through the stresses of working with a difficult population and to facilitate the development and growth of the intern's identity as a professional psychologist.

Current training facilities available at JLG-RICA include private offices, voicemail, personal desktop computers, videotaping, group meeting rooms, and test equipment for cognitive and personality assessment, as well as neuropsychological screening. Computer scoring programs are available for the ABAS-3, BASC-3, RIAP (Exner Scoring System) MMPI-A, Jesness Inventory, BRIEF, Conner's 3, WISC-5, MASC2, MPACI, MACI, Wisconsin Card Sort and Woodcock Johnson IV.

JLG-RICA SUPERVISORY PSYCHOLOGY STAFF

Monya Cohen, Psy.D. – Director of Psychology Internship Training

Doctorate in Clinical Psychology, Argosy University Washington, DC Campus 2001. Maryland License. Primary Therapist, Team 2. DBT Team Member. Coordinator of Psychology Seminars. Clinical Interests: Complex trauma across the life span, Dialectical Behavioral Therapy, and integration of yoga, mindfulness and psychotherapy.

Ann Kimball, Psy.D. – Group Therapy Supervisor

Doctorate in Clinical Psychology, Chicago School of Professional Psychology, Chicago, IL (2012). Maryland License. Primary Therapist Team 2, DBT Team Member. Clinical Interests: family and community systems, complex trauma, disruptive behavior disorders, group therapy, integration of humanistic therapy and cognitive-behavioral interventions.

Justin Leak, Psy.D.

Doctorate in Clinical Psychology, ASPP Argosy University, 2016. Psychology Associate. Primary Therapist Team 31. Clinical Interests: Assessment, Family Therapy, Parent Training, Cognitive Behavioral Therapy, Developmental Psychology, Learning Disorders.

Prabha Menon, Psy.D. – Director of Clinical Services

Doctorate in Clinical Psychology, American School of Professional Psychology Argosy University, Washington, DC 2004. Maryland License. Clinical Interests: Clinical Child Psychology, Psychological Assessments, Play Therapy, Forensic Psychology.

Maya Spernoga, Psy.D. - Director of the Evaluation Unit

Doctorate in Clinical Psychology, Argosy University (2014). Maryland License. MA in Forensic Psychology from Marymount University, Team 31. Clinical Interests: Assessment, especially neuropsychological assessment; anxiety disorders, family systems, and juvenile justice issues.

Elissa Stieglitz, Ph.D. – Team 4 Team Leader

Doctorate in Clinical Psychology, Yeshiva University 1991. Maryland License. Team Leader and Primary Therapist, Team 4. DBT Team Member. Clinical Interests: Child Development and Play therapy, Psychodynamic

Psychotherapy, Dialectical Behavior Therapy (DBT) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).

Tammy Villines, Psy.D. – Evaluation Unit

Argosy University Washington, DC (2004). Maryland License. Lead evaluator on the Evaluation Unit. Specialization: Child and adolescent neuropsychological and forensic assessment.

Kerstin Youman, Ph.D. – Director of Research & Program Evaluation

Doctorate in Clinical Psychology, George Mason University 2010. Maryland License. Primary Therapist Team 31. DBT Team Member. Clinical Interests: Culturally Competent Treatment, Trauma Treatment and Integrative Therapy.

Deborah Zlotnik, Ph.D. – Team 2 Team Leader

Doctorate in Clinical Psychology, St. John's University, 2013. Maryland and Washington, D.C. License. Primary Therapist, Team Leader, Team 2 and primary therapist, DBT Team Member, assessment and therapy supervisor. Clinical Interests: Child and Adolescent Psychology, Trauma, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Assessment.

OTHER JLG-RICA CLINICAL STAFF

Clinical Administrators

- Kenneth Basler, Chief Executive Officer
- James Polimadei, Chief Operating Officer
- Claudette Bernstein, M.D., Medical Director
- Prabha Menon, Psy.D., Director of Clinical Services

Child Psychiatrists

- Brett Anderson, M.D.
- Rebecca Edelson, M.D.
- Diana Mata, M.D.
- Hector Parada, M.D.
- Shira Rubinstein, M.D.

Clinical Social Workers:

- Shannon Barrett, LGSW (Team 4)
- Kelly Bedell, LCSW-C (Team Leader Team 31)
- Amanda Pezzanite, LCSW-C (Team 2)
- Drew Rosenzweig, LCSW-C (Team 4)
- Trish Kirschenmann, LCSW-C (Team 31)

Expressive Therapists:

- Kelli Bechtel, MA, MT-BC
- Suzannah Dichter, MA (Art Therapist)
- Andree Schillesci, MA, ADTR (Dance/Movement Therapist)

RICA School

- Joshua Munsey, RICA Acting Principal, M.A. Special Education, Certified School Administrator I and in Special Education
- Gabriel Bellagamba, RICA Assistant Principal, Administrator and M.A., Nationally Certified School Psychologist.
- Cynthia McGlone, RICA Program Specialist, M.A. Special Education, Certified School Administrator II and in Special Education
- John Arianna, RICA MS Program Specialist, B.A. Special Education, B.A. in Elementary Education; MEQ (Master's Equivalency)

RICA Residence

- Nancy Barkoviak, APRN, BC, Director of Nursing and Residential Services
- Carol Burnell, RN, Manager
- Lauren Niswander, RN, Manager
- Matthew Miller, Coordinator of Special Programs
- Mark Ward, CAMHA, Supervisor
- Laura Vickers, CAMHA, Supervisor
- Andrew Beach, CAMHA, Supervisor
- Chalya Temlong, CAMHA, Supervisor

*CAMHA = Child & Adolescent Mental Health Associate

*APRN-BC = Advanced Practice Registered Nurse-Board Certified

PSYCHOLOGY TRAINING PROGRAM – TEN YEARS’ PREVIOUS TRAINEES

2016-2017

- Isaac Friedman – Argosy University, Washington, DC
- Robert Haxter – University of Virginia, Charlottesville
- Sana Gaitonde – Argosy University, Washington, DC

2015-2016

- Sasha Hileman - Adler University
- Justin Leak - Argosy University, Washington, DC
- Heather Mann - Roosevelt University

2014-2015

- Keelin Brady – University of Hartford
- Tarik Djamil – Florida School of Professional Psychology
- Shira Gottlieb – George Washington University

2013-2014

- Maya Spernoga – Argosy University, Washington, DC
- Adrienne Jett – Argosy University, Washington, DC
- Megan Strause – Argosy University, Washington, DC

2012-2013

- Allison Gottfried - Chicago School of Professional Psychology
- Allison Rallo - University of Hartford

2011-2012

- Lauren Christopher - Wright Institute
- Kathleen McDonald - University of Hartford
- Ann Kimball - Chicago School of Professional Psychology, Chicago Illinois

2009-2010

- Amberlyn Kelleher - American School of Professional Psychology at Argosy
- Amanda Sovik-Johnson - University of Virginia
- Hillary Roscoe - George Washington University

2008-2009

- Tanisha Bracey: Loyola College – Maryland
- Sukeshi Gosh: American School of Professional Psychology at Argosy
- Kerstin Rose: Spalding University

2008-2009

- Kerstin Youman - George Mason University
- Molly Barnett - Alliant International California School of Professional Psychology
- Chelsea Weyand - Indiana State University

2007-2008

- Charles Curtis – University of Virginia
- Kacie Fisher – American School of Professional Psychology at Argosy
- Kimberly Kruse – Florida School of Professional Psychology at Argosy, Tampa

2006-2007

- Shira Benhorin – DePaul University
- Lynn Maciolek – American School of Professional Psychology at Argosy
- Maisley Paxton – Catholic University

2005-2006

- Nicole Beadles – University of Virginia
- Erica Fener – George Washington University

2004-2005

- Steven Harner – American School of Professional Psychology at Argosy
- Barbra Kay – Massachusetts School of Professional Psychology
- Beth Silver – American School of Professional Psychology at Argosy

2003-2004

- Perétté Arrington – George Washington University
- Elspeth Bell – Fordham University
- Prabha Menon – American School of Professional Psychology Argosy University

2002-2003

- Kristie McGurk – Texas Tech University
- Adrienne Mitchell – George Washington University
- James Venza – Long Island University

APPLICATION PROCEDURE:

Applicants must be enrolled in an APA accredited³ Doctoral Program in Clinical Psychology. All formal course work and comprehensive examinations for the doctorate must be complete. Applicants must have a minimum of **one year of practicum experience** (1,000 hours), including psychological testing and psychotherapy. Preference is given to applicants who have practicum/work experience with children and adolescents (Outpatient, Inpatient, Residential, Special Education) and experience in psychological testing, individual and family therapy, group therapy, child psychopathology and personality theory.

Applications must be submitted through the APPIC site by **Friday, November 10, 2017.**

APPLICATIONS ARE TO INCLUDE:

AAPIC Application for Psychology Internship (AAPI), with applicant's original signature to include: Current curriculum vita, Official transcripts of all graduate credits, 3 letters of recommendation (at least *one* of these letters must be from a clinical supervisor who knows the candidate's clinical skills), copy of one full battery psychological test report that is representative of the candidate's integration of several sources of testing information – **preference is given for child or adolescent psychological reports.** The report should be reasonable in length, and signed by the applicant and his/her testing supervisor. Names must be blacked out for confidentiality. In addition, personal interviews are required of those applicants who pass the first phase of the screening process. For further information, you can reach Dr. Monya Cohen via email at monya.cohen@maryland.gov or telephone at **(301) 251-6882.**

³ APA Committee on Accreditation, 750 First Street, NE, Washington, DC 20002-4242 (202) 336-5979

ADMINISTRATIVE MATTERS

Interns receive a thorough orientation upon employment in mid-August that will cover procedures for intern performance evaluation and JLG-RICA's policies regarding advising, retention, termination and reporting of intern grievances. These administrative matters are also included in the JLG-RICA Psychology Internship Handbook, which is made available to interns upon request. These matters are covered in accordance with the APA Guidelines and Principles for Accreditation⁴ in Professional Psychology. This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-rated information from any intern applicant.

⁴ APA Committee on Accreditation, 750 First Street, NE, Washington, DC 20002-4242 (202) 336-5979

Name of Assessment	Domain
Clinician-Administered	
WISC-5	Cognitive
WAIS-IV	Cognitive
WASI	Cognitive (brief)
WJ-IV Cognitive	Cognitive
KBIT-2	Cognitive
TONI-3	Cognitive- Nonverbal Intelligence
Vineland Adaptive Behavior Scales-II	Adaptive Functioning
WJ-IV Achievement	Academic Achievement
Nelson-Denny Reading Tests	Language/ Reading
OWLS-II	Language
PPVT-4	Language
GORT-5	Language
NEPSY-II	Neuropsych
Reitan-Indiana Aphasia Screening Test	Neuropsych/ Language
D-KEFS	Neuropsych/ Executive Functioning
Wisconsin Card Sorting Test (WCST)	Neuropsych/ Executive Functioning
Wide Range Assessment of Memory and Learning (WRAML)	Neuropsych/ Memory
Wechsler Memory Scale- III (WMS-III)	Neuropsych/ Memory
Rey-Osterrieth Complex Figure Test (RCTF)	Neuropsych/ VMI
Beery VMI	VMI
Koppitz-2 Bender-Gestalt Test	VMI
Grooved Pegboard Test	VMI
Trail Making Test	Visual Attention
Rorschach Inkblot Test	Personality - Projective
Roberts-2	Personality - Projective
Thematic Apperception Test (TAT)	Personality - Projective
Child Apperception Test (CAT)	Personality - Projective
Self-Report	
Personality Assessment Inventory- Adolescent (PAI-A)	Personality
Millon Adolescent Clinical Inventory (Ages 13-19)	Personality
Millon Preadolescent Clinical Inventory (Ages 9-12)	Personality
Minnesota Multiphasic Personality Inventory- Adolescent (MMPI-A)	Personality
Rotter Incomplete Sentences Blank (RISB)	Personality- Projective
BRIEF	Executive Functioning
Conners-3 (Self, Parent, Teacher)	Executive Functioning/ ADHD
Conners ADHD Scales (CADS)	Executive Functioning/ ADHD
Autism Spectrum Rating Scales (ASRS)	Autism Spectrum Disorders
Jesness Inventory	Disruptive/Violent Behavior
Antisocial Process Screening Device (APSD)	Antisocial Personality/Behavior
Problem Oriented Screening Instrument for Teenagers (POSIT)	Behavior & Emotional Problems
BASC-3 (Self, Parent, Teacher; English & Spanish)	Behavior & Emotional Problems
Beck Combined Inventory	Behavior & Emotional Problems
Adolescent Anger Rating Scale (AARS)	Anger
Adolescent Coping Scale	Coping
Coping Responses Inventory (CRI)	Coping
Child Depression Inventory (CDI)	Depression
Reynolds Adolescent Depression Scale-2 (RADS-2)	Depression

ABAS-3	Adaptive Functioning Scale
BDI-II	Depression
BAI-II	Anxiety
Multidimensional Anxiety Scale for Children-2 (MASC-2; Self & Parent)	Anxiety
Revised Children's Manifest Anxiety Scale (RCMAS)	Anxiety
Beck Hopelessness Scale (BHS)	Hopelessness
Beck Scale for Suicidal Ideation (BSS)	Suicidal Ideation
Suicidal Ideation Questionnaire (SIQ)	Suicidal Ideation
Trauma Symptom Checklist for Children (TSCC; Ages 8-16)	Trauma
Trauma Symptom Inventory-2 (TSI-2; Ages 16+)	Trauma
Trauma Symptom Inventory-2-Abbreviated (TSI-2-A; Ages 16+)	Trauma
Trauma Event Screening Inventory for Children (Self & Parent)	Trauma
Child Dissociative Checklist (CDC)	Dissociation
Adolescent Dissociative Experiences Scale-II (ADES-II)	Dissociation
Substance Abuse Subtle Screening Inventory- Adolescent (SASSI-2-A)	Substance Abuse

Computer Scored Protocols

ABAS-3

BASC-3

BRIEF

Conner's 3

JESNESS

MACI/MPACI

MASC2

MMPI-A

RIAP (Exner System)

WISC-5

WISCONSIN CARD SORT

WOODCOCK JOHNSON IV

**John L. Gildner Regional Institute for Children and Adolescents
Rockville, Maryland**



Internship, Admissions, Support, and Initial Placement Data

Initial Post-Internship Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

	2013-2016	
Total # of interns who were in the 3 cohorts	9	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	1	
	PD	EP
Community mental health center		6
Federally qualified health center		
Independent primary care facility/clinic		
University counseling center		
Veterans Affairs medical center		
Military health center		
Academic health center		
Other medical center or hospital		
Psychiatric hospital		
Academic university/department		
Community college or other teaching setting		
Independent research institution		
Correctional facility		
School district/system		2
Independent practice setting		
Not currently employed	1	
Changed to another field		
Other		
Unknown		

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.

Internship Program Admissions

Date Program Tables are updated:

Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program's policies on intern selection and practicum and academic preparation requirements:

Internship applicants must be enrolled in an APA accredited Doctoral Program in clinical psychology. All formal course work and comprehensive examinations for the doctorate must be complete. Preference is given to applicants who have practicum/work experience with children and adolescents, including outpatient, inpatient, residential and/or special education settings.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:

Total Direct Contact Intervention Hours	N	Y	Amount: 200
Total Direct Contact Assessment Hours	N	Y	Amount: 100

Describe any other required minimum criteria used to screen applicants:

Preference is given to administering, interpreting and writing comprehensive adolescent reports

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	28,295.00	
Annual Stipend/Salary for Half-time Interns	NA	
Program provides access to medical insurance for intern?	Yes	
If access to medical insurance is provided:		
Trainee contribution to cost required?	Yes	
Coverage of family member(s) available?	Yes	
Coverage of legally married partner available?	Yes	
Coverage of domestic partner available?		No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	A= 80 P= 72	