



# Stony Brook University

## Consortium Externship Program (SBU-CEP)

### Leonard Krasner Psychological Center (KPC)

Department of Psychology  
Main Campus  
Stony Brook, NY 11794-2500

### Mind Body Clinical Research Center (MB-CRC)

Stony Brook University Hospital (SBUH)  
Department of Psychiatry  
South Campus & SBU Hospital  
Stony Brook, NY 11794

## Introduction

The Stony Brook University Consortium Externship Program (SBU-CEP) offers a part-time, 12-month, doctoral externship in clinical psychology to qualified students currently enrolled in doctoral psychology programs. The SBU-CEP includes three-member agencies: the **Leonard Krasner Psychological Center (KPC)**, a psychology training clinic associated with the doctoral program in clinical psychology, Department of Psychology (College of Arts and Sciences), the **Mind Body Clinical Research Center (MBCRC)**, an outpatient facility associated with the Department of Psychiatry (Stony Brook Medicine), and **Stony Brook University Hospital (SBUH)**; Stony Brook Medicine), Long Island's premier academic medical center and an academic hospital that provides general health services to the community, and which serves as the region's only tertiary care center and Regional Trauma Center, among other medical specialties. Although completely distinct in administration and location, member agencies are part of the Stony Brook University (SBU). The SBU-CIP is partially affiliated with the SBU doctoral program in clinical psychology.

The SBU-CEP is a member of the NY/NJ doctoral externship programs. As such, we comply with the application/acceptance guidelines developed by the Directors of New York State (PSYDNYS) and the New York New Jersey Association of Directors of Training (NYNJADOT). Information about the SBU-CEP is included on the NYNJADOT-PSYDNYS [website](#) as well as on the Leonard Krasner Psychological Center [website](#).

The overall aim of the SBU-CEP is to train and educate psychology externs to practice professional psychology competently and based on a clinical scientist model. The training philosophy is informed by the Evidence Based Practice in Psychology approach, which encompasses the notion that best practice is based on the integration of the best available research with clinical expertise in the context of key patient characteristics (including culture, diversity, and preferences). A scientifically minded approach informs every aspect of the SBU-CEP program.

The SBU-CEP is designed to provide externs with training and experiences in delivering services across various settings, including outpatient mental health facilities and hospital-based programs (e.g., psychiatric emergency medicine, inpatient psychiatry, consultation liaison psychiatry). Training includes experience in delivering cognitive-behavioral therapies (CBT), including third-wave CBT models including DBT, ACT, CBASP and mindfulness-based interventions, behavioral medicine, and in-hospital consultation and liaison services. The patient population includes adults, children, and adolescents.

## General Information

The SBU-CEP externship includes approximately 16 hours of training weekly, including direct face-to-face delivery of psychological services, didactics/clinical workshops, supervision, readings, and administrative responsibilities. Schedule permitting, externs may also elect to attend our weekly two-hour didactics that are part of our APA Committee on Accreditation (CoA) accredited doctoral internship program, the Stony Brook University Consortium Internship Program. Up to 8 unpaid positions are offered each year. The externship start/end dates are August 1<sup>st</sup> to July 31<sup>st</sup> of any given year.

## SBU-CEP Member Agencies and their Programs

### Leonard Krasner Psychological Center (KPC)

The KPC is a psychology training clinic housed in the Department of Psychology and associated with the doctoral program in clinical psychology at Stony Brook University (SBU). [The SBU clinical psychology doctoral program is currently ranked 3<sup>rd</sup> among clinical psychology doctoral programs in the country (2016, U.S. News and World Report, Best Graduate Schools) and is accredited by the Psychological Clinical Science Accreditation System (PCSAS).] The mission of the KPC is twofold, namely, (a) to provide high quality experiential training in the delivery of psychological services to trainees in the associated doctoral program, externs, doctoral interns, and post-doctoral residents; and (b) to provide evidence-based mental health services to the campus and nearby communities. In addition to administrative personnel, the KPC staff includes trainees at different levels of training (as listed above) and clinical supervisors, including the director of the KPC who serves as the main supervisor for all advanced trainees, supervising faculty from the associated doctoral program, and supervisors from the SBU-CIP. All supervisors at the KPC are doctoral level psychologists, and all the principal supervisors for the SBU-CIP are New York State licensed psychologists.

Consistent with the clinical scientist model shaping the doctoral program in clinical psychology at SBU, the internship program at the KPC is designed to integrate science and practice through the EBPP approach described earlier. Interns attain clinical experiences across a wide range of evidence-based general, as well as specialized, psychological services. The KPC patient population is drawn from the campus and surrounding communities, and psychological services encompass assessment and treatment with patients of all ages, although adult populations are overrepresented. Treatment is provided via individual, dyadic, family, and group therapy modalities.

Psychotherapy services at the KPC are based on Cognitive-Behavior Therapy models and include treatment of a wide range of clinical problems as typically found in outpatient treatment facilities, including anxiety disorders, depressive disorders, adjustment disorders, stress related problems, relationship/couple issues, disordered eating, phase of life difficulties, learning difficulties, conduct problems, ADHD, obesity/disordered eating, pain management, and co-morbidities among these problems; excluded are acute untreated psychotic disorders and severe substance abuse/addictions. In addition, the KPC offers specialized treatment clinics, such as the Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for chronic depression program, the Exposure/Response Prevention (E/RP) Center for Excellence for the treatment of anxiety disorders, the Couples/Relationship Treatment program, and a number of group treatment programs (e.g., Executive Skills Training for ADHD, CBASP for depression, Unified Protocol for Mood Disorders, Parent Management Training, etc.). The KPC also provides a broad range of psychological assessment services, including comprehensive psychological and/or psycho-educational evaluations for Learning Disabilities/learning problems, disability determination, mental health clearance, and giftedness. Interns practicing in the KPC will have the opportunity to provide supervision to graduate students in SBU's Clinical Psychology doctoral program.

The patient population at the KPC includes patients from the nearby communities in Suffolk County, Long Island, as well as students from SBU referred by the campus Counseling and Psychological Services (CAPS). Approximately half of the patients at the KPC are SBU students. Demographics for the student patient population, as of 2023, are as follows: 44% Asian, 44% White, 15% Hispanic/Latino, 10% African-American/Black and 1.5% Other; 61% are males and 39% are females. Their ages range from 18 to 28 years old. Demographics for the non-student patient population are as follows: 78% Caucasian, 5% African-American/Black, 2% Asian, 5% Hispanic/Latino, and 7% Other; 47% are males and 53% are females. Their ages range from 5-60 years old. Principal diagnoses include anxiety disorders, depressive disorders, adjustment disorders, interpersonal problems, learning difficulties, ADHD, PTSD, ASD, Conduct Problems/ODD, and diagnostic co-morbidities. In fact, approximately 50% of the patient population has more than one diagnosis. As the KPC is a psychology training clinic, services are not covered by third party payors. However, the fees at the KPC are very low in comparison with those of local practitioners, and are based on a sliding scale according to family income. Consequently, most of the KPC patient population comes from middle/low SES backgrounds.

### Mind Body Clinical Research Center (MBCRC)

A 15-minute walk from the KPC, the MBCRC is an outpatient mental health and research center co-located with the Outpatient Psychiatry Department on South campus. The mission of the MBCRC is to improve the mental and physical health of individuals and communities through providing holistic clinical services, conducting basic and applied cutting-edge research, and training tomorrow's clinical research leaders. The MBCRC staff includes clinical psychologists engaged in clinical services, research, and training.

The MBCRC provides a range of services including psychodiagnostics evaluations/consultations, individual therapy, and group-therapy. Services may be offered in person or via telemedicine. Individual and group services are informed by CBT and third-wave approaches including Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT). In addition, the MBCRC offers specialty programming including a fully adherent DBT Program for adolescents and adults and a comprehensive weight management program called Step into Health. There are also training experiences available focused on bi-lingual and bi-cultural care

for Latine/x communities as part of a program called Conexiones. The MBCRC is committed to increasing community access to affordable care and, as such, emphasizes time-limited evidence-based individual therapy and group-based services. Group psychotherapy services may vary from year to year depending on faculty availability and trainee interest. Groups typically offered at MBCRC/Outpatient Psychiatry include Adult DBT Skills Group, DBT University Group (emerging adults), Radically Open DBT Skills Group (RO-DBT), Unified Protocol for Anxiety Disorders, CBT for Depression, Behavioral Weight Management, Stress Management and Resilience Training (SMART; for co-occurring mental and physical health problems), The Incredible Years (parent training), and CBT for Insomnia (offered at Family Medicine).

The MBCRC also has an active research program including randomized clinical trials (RCTs) evaluating the efficacy and effectiveness of CBT, DBT and mind-body treatments. Additional research foci include the implementation practices for increasing access to care such as the stepped care model, self-guided treatments, and the delivery of care via telemedicine and online technologies. Thus, interns may choose to participate in research training experiences at the MBCRC including data analyses, manuscript preparation, and grant writing—such activities may require additional time outside of the standard internship unless otherwise discussed with the TD.

The patient population served at the MBCRC reflects the larger patient population accessing services from the Outpatient Psychiatry Department at SBUH. Patient demographics are as follows: 86% Caucasian, 6% Hispanic, 3% African American, 5% Other; 68% female and 32% male; and, 20% 18-30 years old, 27% 31-45 years old, 40% 46-60 years old, and 13% over 60 years old. Child and adolescent patients and their caregivers are also seen at the MBCRC. The MBCRC accepts most health insurances for group programs and also provides individual therapy and some group services on a fee-for-service basis.

The MBCRC member agency includes an associated program:

#### Obesity and Weight Management Clinic (OWMC)

The OWMC is located within the Bariatric and Metabolic Weight Loss Center (BMWLC), housed both in the SBUH and in a satellite outpatient medical facility located approximately 4 miles from the SBU campus. The OWMC provides pre-surgical psychiatric diagnostic evaluations and pre- and post-surgical interdisciplinary skills training groups in an outpatient interdisciplinary setting. At the OWMC, psychologists and interns are co-located with surgeons, dietitians, physical therapists, nurses, and nurse practitioners in an interdisciplinary setting, allowing for informal and formal consultations regarding treatment planning for patients. Patients served by this clinic have been diagnosed with obesity and have a number of co-morbid chronic medical and psychological/psychiatric conditions. Patients come from a variety of socioeconomic, racial, and ethnic backgrounds.

Psychological services at the OWMC are based on CBT models and include pre-bariatric surgery psychiatric diagnostic evaluations, and assessment and treatment of obesity, disordered eating, chronic pain, maladaptive health behaviors affecting general medical conditions, anxiety disorders, depressive disorders, stress related problems, and difficulties related to adjustment following bariatric surgery. Clients ages 16 and over are treated at the OWMC; however, the majority of the patient population includes adults.

Interns have the opportunity to conduct comprehensive psychological evaluations with bariatric surgery candidates, conduct pre- and post-surgery groups, and participate in inter-disciplinary team meetings to coordinate patient care. Additionally, interns will be involved in teaching the “Advanced Communication and Counseling Course on CBT for Dietitians”. This experience involves teaching a Spring and, depending on enrollment, Summer, web-based 15-week course(s) on advanced communication and counseling to students in the Nutrition Masters’ Program through the Department of Family Medicine. As the course material is already developed, the bulk of the “work” includes grading a final exam; nevertheless, this internship experience strengthens the interns’ teaching competencies. The class size does not exceed 20 students. Finally, research opportunities are also available.

Note: The director of psychological services at the OWMC, Genna Hymowitz, Ph.D., serves as the main internship clinical supervisor for this program, and is also a main faculty/clinical supervisor at the MBCRC. Thus, the two programs enjoy a close collaborative relationship.

Approximately 72% of the patients at the OWMC are Caucasian, 12.1% Hispanic, 8.6% African-American, and 6.8% bi-racial, Asian or other; approximately 80% are female. The majority of patients treated at the OWMC have a primary diagnosis of morbid obesity, but have a number of comorbid medical and psychological conditions, including diabetes, hypertension,

cardiovascular disease, hernia, irritable bowel syndrome, fibromyalgia, gastroesophageal reflux disease, osteoarthritis, rheumatoid arthritis, traumatic brain injury, somatic symptom disorder, major depressive disorder, depressive disorder, unspecified, generalized anxiety disorder, post-traumatic stress disorder, schizophrenia, schizoaffective disorder, social phobia, specific phobia, bipolar disorder, borderline personality disorder, and schizophrenia. The OWMC Psychology Team assesses and treats between 300 and 350 patients per year.

### Stony Brook University Hospital (SBUH)

A 10-minute walk from the KPC and the MBCRC is SBUH – Long Island’s premier academic medical center and an academic hospital that provides general health services to the community. SBUH serves as the region’s only tertiary care center and Regional Trauma Center, among other medical specialties. The Department of Psychiatry & Behavioral Health operates several programs/units:

#### (a) Comprehensive Psychiatric Emergency Program (CPEP)

The CPEP, located within the SBUH Emergency Department, provides emergency psychiatric services to people in urgent need of psychiatric evaluation, acute intervention, and referral services 24 hours per day, 7 days per week. After patients are screened for medical complications, they receive a psychiatric evaluation. Those in need of on-going care are referred to mental health services in the community, while patients who require hospitalization are admitted to the hospital or transferred to psychiatric units throughout Suffolk County. Patients who require extended observation to complete their evaluation may be admitted to CPEP for up to 72 hours. The CPEP includes a multidisciplinary team composed of physicians, nurses, and mental health professionals.

Patients present to CPEP with various psychiatric emergencies, including substance abuse, suicidality, psychosis/schizophrenia, Major Depressive Disorders with Psychosis, Bipolar Disorders, Anxiety Disorders, and mental health issues related to homelessness. This hospital-based psychiatric emergency service is licensed by the New York State Office of Mental Health.

Interns work closely with a multidisciplinary team, under the supervision of the unit psychologist, to evaluate and coordinate care for individuals in urgent need of psychiatric services. Interns receive training in conducting psychiatric evaluations, treatment formulation and disposition, and care coordination within the context of the emergency department.

#### (b) Inpatient Psychiatry Units

The Adult Inpatient Psychiatry Unit (10 North), located in the SBUH, is a self-contained 30-bed unit designed for the acute short-term stabilization treatment of adult inpatients with a variety of psychiatric and behavioral problems including suicidality, bipolar disorder, schizophrenia, depression, and severe anxiety disorders. Patients are referred from the CPEP and the SBUH Consultation and Liaison Service. A multidisciplinary team of attending and resident psychiatrists, psychiatric nurses, psychologists, mental health technicians, occupational therapists, activity therapists, and social workers cares for every patient. Approximately, 50% of patients present for services with mood disorder-related problems (e.g., suicide ideation/intent, mania) and/or severe anxiety, 25% with substance dependence and 25% with psychosis.

The Child Inpatient Psychiatry Unit (12 North), located in the SBUH, is a self-contained 10-bed unit designed for the acute short-term stabilization treatment of child inpatients (ages 8-14) with a variety of internalizing and externalizing psychiatric and behavioral problems. Every child receives a comprehensive, multi-disciplinary evaluation by our team of child psychiatrists, nurses, psychologists, social workers, and special education teachers. Children also attend school on the unit.

Interns work with a multidisciplinary team, under the supervision of the unit psychologist, to evaluate and care for patients on the inpatient psychiatry units. Interns participate in patient rounds with the team, co-run skills groups, and provide individual services.

#### (c) Consultation Liaison (CL) Psychology/Psychiatry

Under the directorship of Cynthia Cervoni, Ph.D., the CL program is multidisciplinary, including psychiatrists, nurse practitioners, a clinical nurse specialist, social workers, and psychologists. The service is also comprised of psychiatry residents, medical and physician assistant students, fellows from psychiatry, neurology, family medicine, geriatric medicine and geriatric psychiatry, and psychology postdoctoral fellows, interns, and externs. The CL program is always growing, with

an increasing number of psychiatric and psychological consultations provided throughout all areas of the academic hospital, including the connected Children's Hospital. The most common problems faced are related to substance use, depression, agitation, capacity for medical decision making, and suicidality.

Psychology trainees attend patient rounds with the psychology team and provide psychological evaluations, short term interventions, and consultation to patients and their health care providers on inpatient units throughout Stony Brook Hospital.

## **SBU-CEP Training Program**

The SBU-CEP is designed to provide the externs with a "generalist" training experience across the two member sites and associated programs, including experience in general outpatient psychological care, behavioral medicine, inpatient services, and integrated care. The program is designed to encourage equal participation in both main outpatient programs offered at the KPC and MB-CRC sites, main inpatient programs at the SBU Hospital as well as participation in one or more of the rotational experiences at the two member agencies, which may include a time limited rotation and/or a year-long participation, depending on the interests and career goals of the extern and the characteristics of the minor program. Additionally, while the Externship program is designed to provide integrated generalist training across both main programs, the experiential component of the Externship concerning the delivery of psychological services can be modified to consider the interests and career goals of the extern. For example, an extern may choose an Externship program that emphasizes the generalist experience versus the behavioral medicine experience or vice versa.

Decisions about externs' degree of involvement in main and minor Externship program area(s) are reached within the first two weeks of the Externship through a collaborative decision-making process between the externs and the members of the SBU-CEP Executive Board. Degree of participation in full year training experiences and rotational experiences are based on several factors, including the externs' interests, their prior clinical experiences, their future professional goals, and the needs and characteristics of the programs themselves. Overall, externs typically spend 12 to 14 hours per week engaged in face-to-face service delivery (i.e. assessment, brief-intervention, individual or group therapy) across the SBU-CEP full year and rotational sites. The remainder of time is spent on supervision, administrative, and training activities. Main programs and minor programs are described next.

### **1) Full Year Training Experiences:**

All externs participate in the two full year outpatient training opportunities, namely, the general outpatient program at the KPC and the behavioral health program at the MB-CRC. Experience in psychoeducational testing is available at the KPC. Full year experiences include an average total of approximately 8 hours of face-to-face client contact through individual or group interventions weekly combined across sites *plus* an average total of about 4 hours weekly related to assessment (e.g., psycho-educational evaluations, clinical intakes, etc.). Main outpatient programs are further described below.

#### **(a) General Outpatient Program at the KPC**

The general outpatient program at the KPC includes the following:

- **Psychological Treatment.** Externs provide supervised psychological treatment to patients (primarily adults) who present with a wide range of clinical problems, as typically found in outpatient mental health facilities. Psychological interventions include a comprehensive intake assessment with a semi-structured clinical interview and self-report questionnaires. Additionally, outcome monitoring is closely integrated into treatment, as the patients provide weekly ratings about their psychological functioning via the Treatment Outcome Package, an electronically based assessment system especially designed to provide ongoing information about patients' progress in treatment. Specialized clinics within the KPC provide Externs with experience in delivering Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for depressive disorders, Exposure/Response Prevention for Anxiety Disorders, Unified Protocol for Mood and Anxiety Disorders, and Integrated Couple Therapy (ICT).
- **Psychological/Psycho-educational Assessment.** Externs are expected to complete 2 full-battery psycho-educational evaluations for learning problems (or, if less than 2, they may complete 3 integrated reports concerning psycho-educational evaluations of LDs, ADHD, disability determinations, mental health clearance evaluations, and/or giftedness testing) with children, adolescents, and/or adult populations. Psychological/psycho-educational assessments include the administration of cognitive batteries (i.e., the Wechsler Scales) and achievement batteries (i.e., WJ-IV ACH/Oral Language and/or the WIAT-IV), diagnostic semi-structured interviews (e.g., MINI, K-MINI), and paper-and-pencil questionnaires (e.g., Achenbach's scales, BDI-II, BAI, BASC 3, Barkley's ADHD scales, Brown ADHD scales, Conners' scales, SNAP, etc.). Testing is

conducted to investigate psychological, cognitive, and achievement factors underlying learning problems, substantiate the presence of specific learning disabilities, ADHD, and/or psychological/behavioral disabilities. Additionally, these evaluations may be used for substantiating additional diagnostic determinations and/or assess giftedness.

(b) Behavioral Health Program at the MB-CRC

The behavioral health program at the MB-CRC includes the following:

- Psychological Assessment and Treatment. Externs work with adult, young adult, and child/adolescent populations and provide individual psycho diagnostic assessments and individual psychotherapy for mood, anxiety, and personality disorders. Externs also have opportunities to co-lead group-based psychotherapy including the following evidence-based programs: the Stress Management and Resiliency Training (SMART) Program, Dialectical Behavior Therapy (DBT), Radically Open DBT (RO-DBT), CBT for insomnia (CBT-I), Adolescent Groups, and Behavioral Weight Management. Group offering may vary from year to year depending on staffing and trainee interests. Externs spend .5-1 days per week in the delivery of psychological services at the MB-CRC.

## 2) Hospital based rotations/training experiences:

Externs may have the opportunity to rotate through a variety of inpatient and outpatient psychiatric services at Stony Brook Medicine. The availability of these rotations is dependent upon the externs' availability and prior training experiences and competencies and the availability of rotation supervisors. These programs include:

- a. Comprehensive Psychiatric Emergency Program (CPEP). The CPEP provides emergency psychiatric services to people in urgent need of psychiatric evaluation, acute intervention, and referral services. Externs work closely with a multidisciplinary team to evaluate and coordinate care for individuals in urgent need of psychiatric services. Externs receive training in conducting psychiatric evaluations, treatment formulation and disposition, and care coordination within the context of the emergency department.
- b. Adult Inpatient Psychiatry Unit. The Adult Inpatient Psychiatry Unit is a self-contained 30-bed unit designed for the acute short-term stabilization treatment of adult inpatients with a variety of psychiatric and behavioral problems including suicidality, bipolar disorder, schizophrenia, depression, and severe anxiety disorders. Externs work closely with a psychologist and with a multidisciplinary team to evaluate and care for patients on the Inpatient Psychiatry Unit. Externs participate in patient rounds with the team and co-run anger management, mindfulness, and DBT-based skills groups.
- c. Child Inpatient Psychiatry Unit. The Child Inpatient Psychiatry Unit is a self-contained 8-bed unit designed for the acute short-term stabilization treatment of child inpatients with a variety of Externalizing and externalizing disorders. Children attend school during the day in classrooms on the unit. Externs work closely with a psychologist, postdoctoral fellow and with a multidisciplinary team to evaluate and care for patients. Activities may include attending unit rounds, psychodiagnostic and psychoeducational testing, co-facilitating in skills groups, and brief 1:1 behavior therapy.
- d. Obesity and Weight Management Clinic (OWMC). At the OWMC, externs provide psychiatric diagnostic evaluations, short term individual CBT and third wave CBT based interventions interdisciplinary skills training groups in an outpatient interdisciplinary setting.
- e. Consultation Liaison (CL) Psychiatry. The CL service provides psychiatric consultation throughout the hospital. Externs attend patient rounds with a multidisciplinary team and provide psychiatric and psychological evaluations, short term interventions, and consultation to patients and clinicians on medical and surgical inpatient units throughout the SBU Hospital.
- f. Advanced Communications and Counseling Course. This experience involves teaching Spring and, Summer, web-based 15-week course(s) on CBT and third wave CBT interventions to students in the Nutrition Masters' Program through the Department of Family Medicine.

## Application Requirements

Preference is given to clinical trainees who will have completed a minimum of two years of supervised practica prior to the start of their externship SBU-CEP, and who are in good standing academically in their program. Interested applicants should apply in accord with the externship guidelines set forth by the PSYDNYS/NYNJADOT as described in the FDU Wiki [site](#).

Application materials: Cover letter, Curriculum Vitae, unofficial transcript, a de-identified “Case Formulation for Treatment Planning” report, a de-identified “Psychoeducational Evaluation” report, and two letters of recommendation from clinical supervisors. Contact information concerning the Director of Clinical Training (DCT) of the applicant’s home program should also be provided.

**Contact Information**

Nicole Barlé, Ph.D.  
SBU-CEP Coordinator  
Clinical Assistant Professor, Department of Psychology  
Associate Director, KPC  
Telephone: 631-632-7830 and/or 631-632-7839  
E-mail: [nicole.barle@stonybrook.edu](mailto:nicole.barle@stonybrook.edu)

Dina Vivian, Ph.D.  
SBU-CEP Training Director  
Department of Psychology  
Stony Brook, NY 11794-2520  
Telephone: 631-632-7830 and/or 631-632-7848  
E-mail: [dina.vivian@stonybrook.edu](mailto:dina.vivian@stonybrook.edu)