Psychology Externship Training Program

2022-2023

The Department of Psychiatry at the University of Colorado Anschutz Medical Campus offers three externship training programs in Adult Clinical Psychology. Each externship track provides clinical training experiences, optional didactic seminars, clinical supervision from a licensed provider. Please see track descriptions below for more specifics.

Number of Positions: 5

Time Commitment: About 20 hours per week
  - For more specific workdays, please refer to the externship training program description below.

Dates: July 1st, 2022 - June 30th, 2023
  *Please note: MANDATORY ORIENTATION is on July 11th, 2022 from 08:00 am – 09:00 am. Block your schedule accordingly, making arrangements with your academic program and personal calendar.

Requirements:
  - be enrolled in at least 3rd or 4th year at the time of application. Please note that this is different for each extern training program.
  - have completed coursework in clinical assessment and treatment
  - have experience with clinical assessment and treatment
  - have proof of malpractice coverage: must be provided by the extern’s training institution or by the extern prior to the start date
  - be available to start the externship on July 1st, 2022 and will need to be available on the first day of externship for orientation.
  - be available on July 11th, 2022 for Department of Psychiatry Orientation (08:00 – 09:00)
  - demonstrated knowledge and value working with teammates and clients from diverse backgrounds
Application Procedures

A completed application consists of the following materials:

- Cover Letter
- Curriculum Vitae
- 2 letters of recommendation
- Attestation of Professional Conduct

Submitted by February 1, 2022 at 5pm through the following link:
https://redcap.ucdenver.edu/surveys/?s=9CDT3HATK4WNTFTN

Recruitment Timeline

February 1, 2022 @ 5pm: Application deadline (early submissions encouraged!)
February 12 – 25, 2022: Interviews scheduled (early interviews available with early, complete submissions)
March 1, 2022: Positions offered; prompt confirmation of acceptance/declination requested

Supervision

The goal of supervision is to support the extern during exposure to new patient populations, assessment tools and intervention strategies, and to build feelings of competence and functional autonomy in areas of strength. Externs have 2-3 hours of weekly individual and group supervision. Additional supervision and consultation will be provided as needed. In addition, Spanish speaking externs are provided with Spanish supervision.
Externship Training Programs

Program for Early Assessment, Care, and Study Psychology Extern Training Program:

This position provides a unique opportunity to join a new, thriving program unified by its mission to further out understanding of effective interventions for early psychosis. The Program for Early Assessment, Care, and Study (PEACS) is a clinical research program that provides intensive assessment and treatment of individuals approximately ages 12-30, who are showing signs of clinical high risk for psychosis (CHR-p) and is one of few specialty CHR programs in the US. The primary objective of this training program is to develop expertise in the early identification, assessment, and treatment of young people showing signs of clinical risk for psychosis spectrum diagnoses (which has at times been called the “prodrome”). Our unique center integrates specialized clinical care, innovative research, and education, as part of the University of Colorado School of Medicine, often with comorbid concerns (e.g., mood, anxiety, trauma, substance use, personality). PEACS offers a range of treatments, including specialized evaluation/feedback, individual and family therapy, psychiatry, care coordination, and school/work “coaching. This externship provides a unique opportunity to work with a multidisciplinary team to collaboratively conceptualize, plan, and provide treatment for young people with complex and evolving diagnostic presentations, as well as develop the ability to provide consultation to other providers in the community, including schools, other clinicians and psychiatrists, and families. Externs become an integral part of our multidisciplinary team (psychiatry, psychology, licensed social workers, research assistants, and undergraduate volunteers).

Unique qualifications: Applicants who have the following experience are preferred for this program: 1) CBT, 2) psychosis assessment and/or treatment, 3) treatment with children/adolescents, 4) fluency in a language other than English, 4) at least 3rd year doctoral students

Unique schedule requirements: 16-24 hours per week, require Monday mornings (prefer Tuesday mornings and/or Friday afternoons)

Unique roles: Training, supervision, and practice with the following activities:

- Specialized early psychosis consultation and assessment: Structured Interview for Psychosis Risk Syndromes (SIPS), consideration of differential diagnosis for young people who present to the clinic for an assessment of possible CHR-p, reviewing diagnostic feedback with clients/families/providers

- Psychosocial treatment: Carry a caseload of individual and family therapy clients with varying symptom presentations. The supervisor works primarily from CBT, DBT, and ACT perspectives, and is open to conceptualizing patients from other therapeutic orientations (e.g., interpersonal, psychodynamic). Some clients are seen for time-limited treatment, and some are longer-term clients that trainees may carry for the duration of their training. Family therapy: PEACS emphasizes family treatment, so learning to work with families is an important focus of this externship. Externs work with families of individual clients and may also carry separate family therapy case(s). The supervisor has experience with evidence-based family treatment for early psychosis (e.g., family-focused treatment).

- Rich opportunities for working with youth and families that are richly diverse in ethnicity/culture, race, gender identity, sexual orientation, ability, and clinical presentation

- School support/care coordination: Many clients are experiencing declines in school and/or work functioning, and benefit from supports that may range from writing letters to school, speaking to school staff about options and recommendations for supporting the client, attending IEP meetings, and providing documentation
supporting taking a medical leave. Trainees may also be involved in other aspects of clinical care for their clients, including referral to partial hospital programs, involvement in hospitalization, and referral to other services for clients who leave the clinic.

Program Website: https://medschool.cuanschutz.edu/psychiatry/programs/PEACS
Women’s Health and Behavioral Health Pre-Doctoral Psychology Externship Program:

The Women’s Health and Behavioral Health 12-month externship provides foundational training in women’s health and integrated care. We provide opportunities to work with women across the life span to promote wellness and conduct brief assessments and short-term evidence-based interventions for a variety of health psychology concerns including perinatal mood and anxiety disorders, adjustment to chronic illness, menopause, sleep, preparation for medical procedures, PCOS, and persistent pelvic pain. Externs will be invited to participate in interprofessional team meetings, case consultation, and didactics as schedules allow.

Depending on the interests and goals of the extern, clinical settings could include:

- Women’s Behavioral Health and Wellness Outpatient Programs
- Women’s Behavioral Health and Wellness Integrated Programs
  - Women’s Integrated Services in Health (WISH) - Primary care services for women
  - AMC Gynecology – General and specialty gynecological services

**Unique qualifications:** Psychology doctoral students who are in their 4th year of training who have completed coursework in health psychology and/or gained experience in medical settings and have an interest in women’s health

**Unique schedule requirements:** 16 hours per week; Prefer Mondays and Thursdays

**Unique roles:** Externs will have opportunities to expand their knowledge of women’s health and behavioral health by:
- Providing supervised clinical care to women with a variety of psychosocial conditions using biopsychosocial and team-based care models
- Conducting brief clinical assessments and evidenced-based interventions in outpatient and integrated medical settings
- Providing behavioral health consultation to interprofessional providers
- Co-facilitating therapy groups and wellness workshops related to women’s health
- Developing proficiencies with medical chart reviews and documentation in electronic medical record system (EPIC)
- Participating in interprofessional team meetings, didactics, case consultation, journal club, and peer consultation

**Program Website:** [https://medschool.cuanschutz.edu/psychiatry/programs/colorado-center-for-women’s-behavioral-health-wellness](https://medschool.cuanschutz.edu/psychiatry/programs/colorado-center-for-women’s-behavioral-health-wellness)
CU Summit Mental Health Clinic Pre-Doctoral Psychology Externship Program:

Externs will be asked to commit to a 12-month placement beginning in July or August 2022. Six-month placements may be available in special cases. Schedules will consist of 16-20 hours per week.

Track 1: Health Psychology Consultation

Psychology externs will be integrated multidisciplinary team members in the outpatient specialty service Psychiatric Consultation for the Medically Complex (PCMC). Opportunities include foundational training with the specialty adult population of complex medical patients focused on individual psychotherapy, group psychotherapy, and psychological testing. This externship is designed to offer opportunities for students to receive specialized training in clinical health psychology, behavioral health, and integrated care in preparation for internship, fellowship, and an eventual career in academic medicine and other professional paths.

Unique qualifications: Psychology doctoral students who are in their 4th year of training or other advanced level who are interested in training and a career in health psychology

Unique schedule requirements: 16 hours hybrid remote and in-person required, two eight-hour days on Tuesdays and Thursdays preferred

Unique roles:
- Specialty consultation, assessment, and treatment of mental health conditions due to chronic and/or complex medical presentations
  - Most common psychotherapy referrals are for adjustment to/coping with medical diagnoses of COVID-19, multiple sclerosis, functional neurological disorders, traumatic disorders (e.g., burn, limb loss, etc.), chronic and acute pain, and transplant. Referrals come from the general psychiatry clinic as well as a variety of medical specialty clinics.
  - Most common psychological assessment referrals are for cognitive concerns due to medical conditions, differential diagnosis, and pre-surgical candidacy
- Co-facilitation of either the Coping with Chronic Medical Illness or COVID Survivor therapy groups
- Participation in interprofessional team meetings, case consultation, and peer consultation

Track 2: General Psychological Testing

The general psychological testing service within CU SMHC provides opportunities for pre-doctoral psychology externs to gain foundational training experience in psychological testing within an interdisciplinary mental health service. This externship is designed to offer opportunities for students to develop competencies to select, administer, and interpret psychological testing as part of clinical treatment for a diverse population of adult patients with a range of physical and mental health conditions.

Unique qualifications: Psychology doctoral students who are in their 3rd or 4th year of training or other advanced level

Unique schedule requirements: 16 hours hybrid remote and in-person required, one eight-hour day on Wednesdays and either another full day on Tuesdays or Fridays or a split between those days

Unique roles:
• Conducting both brief and in-depth psychological assessments to answer specific referral questions and inform treatment planning
  o Most common referrals are for differential diagnosis, cognitive concerns/changes, and attention-related concerns
• Supervised clinical assessment selection, administration, report writing, and patient and referring provider feedback
• Participation in interprofessional team meetings, case consultation, and peer consultation

Program Website: https://medschool.cuanschutz.edu/psychiatry/programs/uchealth-psychiatric-services#ac-adult-psychiatric-services-0

Questions?

Please email questions or concerns to psychexterns@ucdenver.edu