



111 Michigan Avenue, N.W.
Washington, DC 20010-2970

PSYCHOLOGY EXTERNSHIP EXPERIENCES 2014-2015

Children's National Health Systems (Children's National) offers several externship experiences in child clinical and pediatric psychology to students enrolled in doctoral programs in psychology. Attached are descriptions of opportunities that are being offered in the 2014-2015 academic year, with information about how to apply for each position. **Descriptions of opportunities in neuropsychology are available under separate cover.**

The deadline for applications is February 1, 2014. Applications may be submitted electronically or in paper form and individual supervisors will indicate their preference in the descriptions below. Due to the high volume of calls received in the past, we request that you not call to confirm the status of your application. We participate with the Consortium under the Greater Washington Area Directors of Clinical Training. **The call date for offers is March 14th, 2014, beginning at 9 am.**

THE INSTITUTION

Children's National is a non-profit institution incorporated in 1870. The mission of Children's National is to be preeminent in providing pediatric healthcare services that enhance the health and well-being of children regionally, nationally, and internationally. Through leadership and innovation, Children's National strives to create solutions to pediatric healthcare problems.

The hospital on Children's main campus is located in Washington DC, adjacent to the Washington Hospital Center, National Rehabilitation Hospital, the Washington V.A. Hospital, Catholic University and Howard University. It is easily accessible from suburban areas. In addition, Children's National has seven satellite outpatient clinics in Washington D.C., Maryland and Virginia, and is part of a complex of healthcare facilities for the entire Washington metropolitan area. Further information about the hospital and its programs is available at our website (www.childrensnational.org).

Psychology and Neuropsychology are both Divisions within the Center of Neurosciences and Behavioral Medicine, which is directed by Dr. Roger Packer, a neurologist. Other divisions in this center include Psychiatry, Neurology, Neurosurgery, Developmental Pediatrics, Genetics and Metabolism, Hearing and Speech, and Physical Medicine and Rehabilitation. The Center for Excellence structure was designed to stimulate multidisciplinary collaboration, in terms of both patient care and research, among disciplines and specialties with common interests. Psychology and Neuropsychology have particularly strong working relationships with Psychiatry, Developmental Pediatrics, and Neurology.

There are presently thirty-two psychologists at Children's National who engage in training, clinical service, and research in a variety specialty areas, including Adolescent Medicine, Child Protection Services, Neonatology, Endocrinology, Hematology/Oncology,

Pulmonary Medicine, Neurology, Neurosurgery, Obesity, Psychiatry, and Developmental Pediatrics. Psychology and Neuropsychology faculty are involved in virtually all of the other Centers of Excellence. Facilities at the Hospital include outpatient clinics, the Freddie Mac Foundation Child & Adolescent Protection Center, Child and Adolescent inpatient units, library, auditorium, laboratories and research space. In addition, Psychology occupies outpatient offices in four suburban satellite clinics (Laurel, Maryland; Rockville, Maryland; Fairfax, Virginia; Spring Valley, D.C.).

Children's National is the pediatric teaching hospital for the George Washington University School of Medicine and Health Sciences. Psychologists at Children's National hold academic appointments in the Department of Psychiatry and Behavioral Sciences and the Department of Pediatrics at the medical school. Children's National offers a variety of training programs in various medical specialties, all of which are overseen by the medical staff. The Division of Psychology and the Division of Neuropsychology conduct post-doctoral, internship and practicum-level training for psychology students.

CHILD DEVELOPMENT PROGRAM

Description: Clinical and Developmental Psychology doctoral students are welcome to apply for an externship in the Child Development Clinic. The position offers supervised training in evaluation of infants and young children referred for developmental and behavioral problems, primarily in the range of birth to age three years. Preschool age children who are known to have developmental delay or intellectual disability are also evaluated. The extern may choose the preferred age range (infants or toddlers) on which to focus. The presenting problems include but are not limited to complications around the time of birth (e.g. extreme prematurity, birth asphyxia), primary motor delay (infants), primary language delay (toddlers), and social/communication disorders or autism spectrum disorder. The children may have complex medical conditions, underlying neurologic disorders, and/or genetic disorders. The extern will be exposed to children from a wide range of ethnic and cultural backgrounds and socioeconomic conditions.

The extern will learn to conduct structured interviews of parents, administer standardized tests such as the Bayley Scales of Infant Development (2nd and 3rd ed), Differential Ability Scales (DAS-II), Autism Diagnostic Observation Scales (ADOS-2) and the Vineland Adaptive Behavior Scales, integrate information from community resources and the medical record, help formulate a therapeutic plan, provide parent feedback, and write the assessment report. The extern will also learn how to cope with common behavior problems for this age range. All patients evaluated on a given day are discussed at case conference at the end of the day. An opportunity to join developmental rounds in the NICU is also available.

Qualifications: Formal coursework in child development and assessment is expected. Some assessment experience is preferred.

Time Requirement: A commitment of 16 hours a week is expected. The specific days will be worked out to suit the extern's schedule.

Number of Positions Being Offered: 5 externs will be recruited for this position.

Location: Children's National Medical Center – 111 Michigan Avenue, N.W.

To Apply: Send a current CV with a list of relevant coursework, a letter of interest, and two letters of recommendation.

Tara Brennan, Psy.D.
Training Director, Child Development Program
Children's National Medical Center
111 Michigan Avenue, NW
Washington, DC 20010
(202) 476-3640
tbrennan@cnmc.org

FAIRFAX HYPERACTIVITY, ATTENTION, AND LEARNING PROBLEMS CLINIC

The Fairfax Hyperactivity, Attention, and Learning Problems (HALP) Clinic is an evaluation and treatment program for children with a variety of school problems, including Attention Deficit Hyperactivity Disorder (ADHD), Learning Disorders, and Disruptive Behavior Disorders. Externs learn to administer, score, and interpret a standardized battery of tests. Reports are written on a weekly basis. In addition, externs will have the opportunity to observe and conduct structured diagnostic interviews and feedback sessions. With regard to treatment, externs conduct therapy under the close supervision of a licensed clinical psychologist. Children who come to our clinic for treatment present with a wide range of difficulties (e.g., behavioral issues, affective disorders, anxiety disorders). Externs will generally carry a caseload of 2-3 therapy clients at any one time.

Applicants interested in this externship site should be available on Tuesdays and Thursdays from 8:30am-5pm. Supervision is provided by Lisa A. Efron, Ph.D.

Qualifications: Formal coursework in child assessment and therapy is required.

Time Requirement: 16 hours/week from September to May. The extern must be available on Tuesdays and Thursdays.

Location: Fairfax Satellite of Children's National – 3023 Hamaker Court Ste. 300, Fairfax, Virginia.

To Apply: Send a curriculum vitae and two letters of recommendation to:

Lisa A. Efron, Ph.D.
Children's National Medical Center
3023 Hamaker Court Ste. 300
Fairfax, VA 22031
571-405-5797
lefron@cnmc.org

CHILD AND ADOLESCENT ANXIETY PROGRAM (CAAP)

Program Overview: The Child and Adolescent Anxiety Program (CAAP) at CNMC provides comprehensive evaluation and treatment services to families of anxious children and adolescents and conducts research on the etiology, phenomenology and treatment of anxiety disorders. The majority of youth treated are school-aged children (6-18 years), though younger children are sometimes seen as well. During the initial appointment at CAAP, a comprehensive, structured assessment is conducted with parents and children to determine the specific nature of a child's problems and to ensure proper treatment. This comprehensive assessment also provides a critical basis for conducting clinically-relevant research. Approaches to treatment are short-term, goal-oriented, and involve the use of cognitive-behavioral strategies with demonstrated efficacy. Medical evaluation and treatment also may be provided when appropriate.

The externship at CAAP offers a range of didactic and practicum experiences in childhood anxiety disorders as well as other commonly comorbid conditions including depression, ADHD, and oppositional behaviors. The extern will work closely with the program director at the main hospital in Washington, D.C. in conducting diagnostic evaluations, and providing individual treatment. On occasion, extern also may co-lead group treatment sessions. Formal in-person weekly supervision as well as ongoing informal supervision and didactic training in anxiety disorders are provided by a licensed clinical psychologist (Dr. Rakow). The extern also will have the opportunity to attend weekly psychiatry grand rounds, clinical seminars and case conferences within the hospital.

Qualifications: Formal coursework in child assessment and intervention, as well as prior practicum experience in child/adolescent therapy is required. Preference will be given to advanced doctoral students.

Time Requirement: Two days per week minimum

Number of Positions Being Offered: Two to Three Externs will be recruited to begin July – August 2012

Location: Children's National Medical Center – 111 Michigan Avenue, N.W. Washington, DC

To Apply: Please send a letter of interest, CV/resume, and two letters of recommendation to:

Aaron Rakow, Ph.D.
Director – Child and Adolescent Anxiety Program (CAAP)
Children's National Medical Center
Department of Behavioral Medicine
111 Michigan Ave, NW Suite 1200
Washington, DC 20010
Phone: (202)-476-3390
Email: arakow@cnmc.org

EXTERNSHIP IN CLINICAL PSYCHOLOGY
Department of Psychiatry and Behavioral Sciences
Northern Virginia Regional Outpatient Center

Description: The externship in clinical psychology offers closely supervised training in providing psychological services to children and adolescents with moderately impairing internalizing disorders (affective and anxiety disorders). Externs will receive experience in conducting diagnostic interviews, identifying treatment goals, writing treatment plans and delivering empirically validated interventions (typically cognitive/behavioral therapy) with patients and their families. Strong emphasis is placed on learning how to engage reluctant clients in therapy, how to effectively involve family members in sessions and how to identify and negotiate barriers to treatment. Given the level of symptom severity, externs will receive experience in collaborating with referring psychiatrists and in conducting risk assessments as well. Externs will typically carry a caseload of 6-8 clients. All clinical activities are under the direct supervision of Dr. Michele Dadson, a clinical psychologist.

Qualifications: Formal coursework in child psychopathology and cognitive behavioral therapy required. Clinical experience with children and adolescents preferred.

Time Requirements: Wednesdays and Thursdays (16 hours per week)

Location: Children's National Medical Center
3023 Hamaker Court Ste. 300
Fairfax, VA 22031

Number of Positions Being Offered: Up to 2 externs will be recruited for this position

To Apply: Send a letter of interest, two letters of recommendation and CV/resume with a list of relevant coursework as well as your contact information (including e-mail) to:

Michele Dadson, Ph.D.
Children's National Medical Center
Department of Psychiatry and Behavioral Sciences
111 Michigan Avenue, NW
Washington, DC 20010 (202)
476-3861
mdadson@childrensnational.org

EXTERNSHIP IN ADOLESCENT MEDICINE

Eating Disorders Clinic

The Department of Adolescent and Young Adult Medicine is especially designed to meet the health care needs of adolescent patients ages 12-21. Outpatient referrals are received from schools, private physicians, and the patients and parents themselves.

Description: The externship in Adolescent Medicine offers a range of didactic and practicum experiences, with a particular focus on eating disorder patients. The extern works as a multidisciplinary team member in the Eating Disorders Clinic located at the Spring Valley satellite of Children's National (4900 Mass. Ave. NW). The extern works closely with the department's clinical psychologist, who provides weekly individual as well as group supervision. Specific activities include diagnostic evaluations, individual psychotherapy, group psychotherapy, and some parent counseling. The extern gains experience in providing short-term diagnostic and treatment services as well as in conducting more intensive, long-term psychotherapy. One particular clinical activity involves co-leading a weekly eating disorders psychotherapy group with the clinical psychologist. Although all activities are supervised by the psychologist, the extern is encouraged to work autonomously and to be actively involved with other multidisciplinary team members who share in each patient's care. Most of the eating disorders patients present with comorbid problems such as depression, anxiety disorders, family conflicts.

This externship experience does not include formal psychological testing, other than diagnostic interviewing, self-report measures, and parent questionnaires. The extern's specific interests and training needs are considered as case assignments are made. Didactic opportunities include weekly Eating Disorders Team meetings and case conferences, and an optional weekly two hour teaching conference covering broader topics in adolescent development and psychological/medical care. Overall, Adolescent Medicine is an energetic and psychologically-minded department where mental health practitioners are valued highly. The atmosphere provides a rich training opportunity for any extern interested in understanding and treating the challenging population of adolescent patients, particularly those with eating disorders.

Qualifications: Clinical experience, particularly with children and adolescents, is highly desirable. Preference will be given to more advanced doctoral students.

Time Requirement: 16 hours/week Sept-May. Summer clerkships are sometimes available as well.

Number of Positions Being Offered: 2 externs will be recruited for this externship.

Location: Spring Valley satellite of Children's National – 4900 Massachusetts Avenue, N.W.

To Apply: Send a letter of interest; CV/resume; at least two letters of recommendation, and a stamped, self-addressed envelope to:

Darlene M. Atkins, Ph.D.
Director, Eating Disorders Clinic
Children's National Medical Center
4900 Massachusetts Avenue, NW Washington, DC 20016
Or: datkins@cnmc.org
202-476-2164

BEHAVIORAL MEDICINE EXTERNSHIP

Description: The Children's National Medical Center Externship in Behavioral Medicine will provide advanced training in 2-3 of 5 medical specialty clinics. Under the supervision of five pediatric psychologists (Dr. Randi Streisand, Dr. Linda Herbert, Dr. Danny Lewin, Dr. Abigail Mintz Romirowsky, and Dr. Eleanor Mackey), the extern has possibilities for weekly work in the craniofacial clinic, obesity program, Pulmonary Behavioral Medicine program, general pediatric psychology clinic, and/or the Division of Allergy and Immunology.

The Craniofacial Clinic is a fascinating and rewarding experience. Psychology externs conduct psychosocial consultations of children with a variety of medical concerns. Young children through young adults are seen, with much training in child development taking place. Immediate suggestions/feedback are provided to families as appropriate (i.e., recommendations for managing challenging behavior, encouraging good sleep hygiene), and referrals for assessment or ongoing psychological treatment are provided when needed. After the brief consultation with the family, the extern will review the case with the attending psychologist and then will write up a short consultation reply and participate in the team conference with other disciplines (e.g., ENT, genetics, cranial facial surgeons, dentistry, and speech and language specialists). Externs also gain experience in dictation. This service is located at the main hospital on Tuesday afternoons from 1-430pm.

Within the obesity program, the extern will assist in the pre-surgical psychological evaluation of candidates for bariatric surgery. This involves in depth clinical assessment with an interview, KSADS, WASI, and self-report measures, as well as coordinating/consulting with the surgery team and preparing an in-depth report and recommendations for care. Other opportunities include a small caseload of outpatient therapy cases or taking short-term targeted therapy cases as part of our Psychology Intensive Program assisting patients with behavior change around weight loss efforts. This program is located in the Spring Valley clinic on Fridays.

The Division of Allergy and Immunology at Children's National provides services to a diverse population of children and adolescents who are diagnosed with food allergies, eosinophilic esophagitis, asthma, and eczema. The primary mental health concerns among this population are anxiety related to allergen exposure and adherence. Externs will provide consultation-liaison services during new diagnosis and follow up appointments, procedural support during allergy skin tests and food challenges, and outpatient therapy services. Food allergy clinics are located at three sites: the main DC hospital, Fairfax, VA, and Shady Grove, MD.

The Department of Pulmonology serves patients with chronic and acute respiratory illnesses, including Cystic Fibrosis, Asthma, bronchopulmonary dysplasia that present in children of all ages. The extern will provide diagnostic, consultation, and long-term treatment to patients with a focus on education, coping with chronic illness, psychogenic causes of respiratory illness, adherence and comorbid psychiatric and behavioral problems. This service is located at the main hospital.

Within the Division of Psychiatry and Behavioral Sciences, the Pediatric Psychology Outpatient Clinic sees outpatient therapy cases referred by a variety of medical teams for mental health services and support. Types of cases range from adjustment to chronic illness and adherence difficulties, to comorbid mental health issues including depression, anxiety, ADHD, or eating concerns, to name a few. These cases are seen at the Shady Grove, MD outpatient clinic on Wednesdays and/or Thursdays.

While the primary role of the psychology extern will be consultation and liaison, the extern may

also have the opportunity to follow patients (caseload of 2-4 patients) for ongoing therapy from these services.

There is also the potential for involvement in ongoing research, participation in didactics, and involvement with a larger team of pediatric psychologists and trainees. Overall, the externship will include training, consult/liaison, individual outpatient therapy, and brief assessment with a wide range of clients with varying presentations and ages.

Depending on interest of the externship candidate, available days for externship, and preference on locations, the externship will include a combination of 2-3 different services and experiences. For example, if someone could not travel to one of the satellite clinics or is not available on a particular day of the week, they are still encouraged to apply as there are potential rotations in many different locations and on different days, although this will limit from which rotations someone can choose. Preferences can be specified in the application (although it is acceptable to say one is interested in anywhere between 2 and 5 of the rotations). Preferences on top choices for rotations will also be solicited during the interview.

Qualifications: Applicants must be in at least the third year of a doctoral program and have had some experience in child assessment or treatment, with a documented interest in gaining experience in a medical/pediatric setting.

Time Requirement: 16 hours/ week. It is anticipated that this will be a 1 year externship from July 2014-June 2015.

Number of positions being offered: Two to three externs will be recruited for this externship.

Location: Children's National Medical Center - 111 Michigan Avenue, N.W. and satellite clinics at Spring Valley, DC, Fairfax, VA, and Shady Grove, MD

To Apply: Please **email** a letter of interest, curriculum vitae, and two letters of reference to: Eleanor Mackey, Ph.D. (202) 476-5307
emackey@cnmc.org

CHILD AND ADOLESCENT DIABETES EXTERNSHIP

Description: Advanced clinical psychology doctoral students are encouraged to apply to work with the Diabetes Team's Psychology Service. The diabetes team is multidisciplinary and includes physicians, nurse educators, dietitians, and psychologists. Team members see every child newly diagnosed with diabetes, as well as work with individual families to assist with medical and behavioral management of the illness. This externship offers clinical, research, and didactic opportunities. Potential experiences are as follows:

1. Outpatient psychotherapy with children and families- typical caseload 3-5 weekly patients. Common referral issues include difficulty adjusting to diabetes diagnosis, poor adherence to medical regimen, anxiety, depression, parent-adolescent conflict, and family communication difficulties.
2. Consultation, education, and counseling with families of children newly diagnosed with diabetes. This includes addressing the impact of being diagnosed with a life long illness and assisting the family with strategies for managing diabetes. Outpatient education is provided for all families in a group format.
3. Consultation during outpatient diabetes clinic appointments. Attending diabetes clinic may include participant-observation experiences with physicians, nurse educators, and dietitians working with children/families. Brief psychological consultations may be requested during clinic as well.
4. Co-leading behavioral and psychosocial group for parents and teens with diabetes.
5. Providing consultation/treatment to children with diabetes who have been hospitalized. Potential duties include reviewing medical records, interviewing children and families, case conceptualization, and providing feedback (verbal and chart notes) to medical team.
6. Conducting evaluations for patients and families prior to transitioning to insulin pump therapy.
7. Research opportunities are available including: (1) investigating issues related to diabetes management in young children, (2) participating in weekly research lab meetings, and (3) discussing relevant research regarding diabetes management in children and teenagers with type 1 and type 2 diabetes.

Opportunities for didactics depend on days of week of externship and include (a) multidisciplinary diabetes team meetings, (b) diabetes psychology service clinical rounds, (c) clinical research meetings, (d) psychiatry grand rounds, and (e) pediatric grand rounds.

Qualifications: Formal coursework in child assessment and child psychopathology/treatment is required. Prior practicum experience in child or adolescent therapy is also required.

Time Requirements: 16 hours/week. Tuesdays are mandatory, 2nd day can be Wednesdays or Thursdays.

Number of positions being offered: 1-2

To Apply: Please **email** a letter of interest, curriculum vitae, and two letters of reference to:

Lauren Clary, Ph.D.
(202) 476-2231/lclary@cnmc.org

CLINICAL EXTERNSHIP IN PEDIATRIC PSYCHOLOGY
Departments of Hematology/Oncology and Blood and Marrow Transplantation
Center for Cancer and Blood Disorders

Description: This externship is ideally suited for advanced practicum students seeking comprehensive training in pediatric psychology. Externs will spend two days per week providing psychological services to children and adolescents with cancer or other blood disorders and their families. Clinical activities will be under the direct supervision of Drs. Steven Hardy and Amanda Thompson, pediatric psychologists.

The Center for Cancer and Blood Disorders at Children's National Medical Center includes both outpatient and inpatient services for children diagnosed with cancer, sickle cell disease, hemophilia, severe aplastic anemia, and other malignant and non-malignant disorders. Physicians, psychologists, physical therapists, nurses, social workers and other psychosocial team members work collaboratively to address the complex problems faced by these patients and their families. Presenting issues include coping and adjustment with diagnosis and treatment, anxiety (generalized, anticipatory, and procedural), depression, behavior problems, nonadherence to medical treatment, pain exacerbated by psychological stressors, and grief/loss.

The externship consists of clinical training in pediatric psycho-oncology, direct clinical care of patients and families, participation in multidisciplinary rounds and a weekly psychology seminar, and, as desired, participation in new and ongoing clinical programs and research at Children's National. Clinical activities include inpatient consultation/liaison and outpatient therapy, with an emphasis on cognitive/behavioral and family systems approaches, and brief neurocognitive assessment. Opportunities to participate in our Long-term Follow-up Clinic for survivors of childhood cancer are also available.

Qualifications: Formal coursework in child development as well as clinical experience with children and adolescents are required. Experience with medically ill populations is desired, but not required.

Time Requirements: Tuesdays/Thursdays from August or September through May (16hrs/week)

Location: Children's National Medical Center
111 Michigan Avenue, NW
Washington, DC 20010

Number of Positions Being Offered: Up to 2 externs will be recruited for this position

To Apply: Email a letter of interest, CV, and at least two letters of recommendation to Steven Hardy, PhD at sjhardy@childrensnational.org or mail application materials to:

Steven J. Hardy, PhD
Children's National Medical Center
111 Michigan Avenue NW
W4-600, Divisions of Hematology and Oncology
Washington DC 20010

EXTERNSHIP IN BEHAVIORAL PAIN MEDICINE

Description: Children's National Medical Center is offering advanced externships for the 2014-2015 academic year in the Division of Pain Medicine. The Pain Medicine Program is a multidisciplinary team specializing in management of acute and chronic pain. Physicians, psychologists, physical therapists, and nurses work together as a multidisciplinary team and collaborate with social workers, psychiatrists, and community providers (pediatricians, schools, etc.) to facilitate and implement rehabilitative therapy.

The externships are designed for doctoral level clinical psychology students interested in advancing their experiences within an academic medical center or pediatric setting. Both positions consist of clinical experience/training in pediatric psychology, pain management, supervision, research, seminars, and didactics. Opportunities exist for presentation of research at local and national conferences. Applicants have the opportunity to choose a particular track of interest within the Behavioral Pain Medicine Program.

Pediatric Pain Management Track: This position consists of primary training in our outpatient chronic pain clinic, treating youth with a wide range of chronic pain problems including, but not limited to headaches, abdominal pain, complex regional pain syndrome, myofascial pain, autonomic disorders, and other somatoform disorders. Clinical activities include multidisciplinary intake evaluations, outpatient treatment (with a primary focus on cognitive, behavioral, family systems, and mindfulness techniques), collaboration with schools, and care coordination. The extern will also gain experience in inpatient consultation/liaison work with patients admitted for chronic and acute pain.

Behavioral Pain Medicine Concussion Track: This position will consist of behavioral medicine evaluations with slow to recover concussion patients who are experiencing a range of behavioral, somatic, and sleep disturbance symptoms following a concussion (mild brain injury). The extern will work as an integral member of the treatment team and will have ongoing collaborations with neuropsychologists, neurologists, physical therapists, schools, and other health care providers within the Neuropsychology Division. Clinical activities will include evaluations, consultations, and short-term therapy with patients with post-concussive syndrome. Theoretical orientations utilized include an integrative approach involving cognitive and behavioral, family systems, acceptance and commitment therapy, and other mindfulness approaches.

Qualifications: Applicants must be in at least the third year of a doctoral program and had some experience in child and adolescent therapy with documented interest in gaining advanced experience in a medical/pediatric setting.

Time Requirement: It is anticipated that these will be a 1 year externship from July 2014 – June 2015. 16/hours per week. *Specific days TBD within the Pediatric Pain Management Track; Tuesdays are required for the Behavioral Pain Medicine Concussion Track - 2nd day TBD.*

Number of positions being offered: 2-3 externs will be recruited for this externship.

Location: Children's National Medical Center – 111 Michigan Ave., N.W. – Some hours may be at the Satellite locations (Rockville & Fairfax).

To Apply: Please specify your track of interest and email a letter of interest, curriculum vitae, and two letters of reference directly from recommenders to ksalamon@cnmc.org.

Katherine S Salamon, PhD
Behavioral Pain Medicine Program
Children's National Medical Center
111 Michigan Ave., NW
Washington, DC 20010

THE PEDIATRIC SLEEP DISORDERS PROGRAM

Description: The Pediatric Sleep Disorders Program consists of weekly outpatient clinics, a four-bed state of the art sleep laboratory, and a research program. Sleep disorders affect children and their families at all stages of development and are increasingly recognized as important causes of affective, behavioral and attentional dysregulation. There are more than 75 empirically defined sleep disorders of which approximately 30 occur in childhood and adolescence. The DSM-V addresses a small subset of these disorders. Sleep medicine is a relatively young field and didactic training available for mental health and health care professionals is extremely limited. On average medical schools and psychology program provide less than one hour of training in sleep mechanisms and sleep disorders. Children's National has one of the few dedicated comprehensive pediatric sleep disorders programs in the world, with equal weight given to training, research and clinical service.

Diagnosing and treating sleep is complex and requires a broad assessment of the patient. There are several categories of sleep problems. Several primary sleep disorders are caused by abnormalities in brain mechanisms and learned behavior that is not compatible with making the transition from wake to sleep. There are also numerous sleep disorders associated with underlying medical conditions and psychopathology. Developmental changes in sleep propensity and cognitive and affective functioning are also critical components of diagnosing sleep disorders. Effective treatment of pediatric sleep disorders often involves providing specific behavioral recommendations to improve sleep hygiene, as well as appropriate referrals for other medical follow-up. Parents of children who have disrupted sleep are often experiencing significant distress and are typically fairly motivated to achieve behavioral change for their child and within the family. Another exciting aspect of sleep medicine is that it is a multidisciplinary field with psychologists, psychiatrists, pulmonologists and neurologists as the key players. Other disciplines that refer and participate in sleep programs include developmental behavioral pediatrics, psychiatry, neonatology, otolaryngology, and dentistry.

Externs participating in this program will receive didactic training in the normal development of sleep, neurophysiological mechanisms regulating sleep and wake states and diagnosis and management of sleep disorders. Didactic training consists of one hour a week of the Sleep Seminar Series, which includes a set of core lectures on basic sleep topics, special topics in sleep, case presentations and journal club. Trainees are expected to serve as presenters for at least one of the sessions during the academic year. Guided readings in pediatric sleep medicine will also be provided. Part of the didactic experience will include observation of the scoring and interpretation of polysomnographic records.

Externs will become increasingly independent in managing their own caseload after demonstrating some expertise in the diagnosis and treatment of sleep disorders. The program follows a consultation model and also includes opportunities for long-term psychotherapy with patients and families who would benefit from validated intervention programs.

There are two weekly sleep clinics (8a-5p, Tuesdays and Thursdays. A combined Sleep and Pulmonary Behavioral Medicine externship experience is another option for advanced externs (see the description of the Pulmonary Behavioral Medicine Externship Program). All clinical work will be supervised by Danny Lewin, Ph.D., Attending and Supervisor of the Pediatric Sleep Disorders

Program, and Judith Owens, M.D., Director, Sleep Disorders Medicine, Department of Pulmonary Medicine.

Qualifications: Because the clinic is advanced complexity and fast paced, clinical experience with children and/or adolescents and two years of practica are required. Preference will be given to more advanced doctoral students.

Time Requirement: Approximately 40 hours per month. Externships starting in the summer months are preferred.

Number of Positions Being Offered: 2-3 externs will be recruited for this practicum.

Location: Children's National Medical Center – 111 Michigan Avenue, N.W.

To Apply: Send a letter of interest; CV/resume; two letters of recommendation to:

Danny Lewin, Ph.D. (202) 476-6209
Licensed Clinical Psychologist
Attending and Supervisor, Pediatric Sleep Disorders Program
Pulmonary Medicine
Children's National Medical Center
111 Michigan Avenue, NW 20010
dlewin@cnmc.org

**CLINICAL EXTERNSHIP IN
PEDIATRIC PULMONARY BEHAVIORAL MEDICINE
Departments of Pulmonary and Sleep Medicine**

Description: This externship is ideally suited for advanced practicum students seeking comprehensive training in pediatric psychology. Externs will spend 1 day per week providing psychological services to children and adolescents with acute and chronic pulmonary diseases. Clinical activities will be under the direct supervision of Danny Lewin, Ph.D., a pediatric psychologist.

The Department of Pulmonology and Sleep Medicine provides outpatient and inpatient services for children diagnosed with chronic and acute respiratory conditions including Cystic Fibrosis, Asthma, chronic cough, as well as management of children with respiratory complications associated with other chronic illness (neuromuscular diseases, Sickle Cell).

Pulmonary diseases pose unique problems as they can be extremely debilitating and treatments can be burdensome. The impact on lifestyle is quite significant and can lead to stress responses, affective disturbances, and poor adherence. In some cases disease progression is quite rapid requiring organ transplant or end of life care.

The externship consists of clinical training in pediatric behavioral medicine, direct clinical care of patients and families, participation in multidisciplinary rounds. Clinical activities include inpatient consultation/liaison and outpatient therapy, with an emphasis on cognitive/behavioral and parent training approaches. Opportunities to participate in our long-term follow-up care are also available. The extern will provide diagnostic, consultation, and long-term treatment to patients with a focus on education, coping with chronic illness, treating psychogenic causes of respiratory illness, adherence, evaluation of co-morbid psychiatric and behavioral problems, parent training, and family coping.

Qualifications: Formal coursework in child development as well as clinical experience with children and adolescents are required. Experience with medically ill populations is desired, but not required.

Time Requirements: Tuesdays, from 8:00am to 5:00 starting in June, July or August (8-12 hours/week).

Location: Children's National Medical Center
111 Michigan Avenue, NW
Washington, DC 20010

To Apply: Send a letter of interest; CV/resume, and two letters of recommendation via Email or regular mail.

Danny Lewin, Ph.D. (202) 476-6209
Licensed Clinical Psychologist
Attending and Supervisor, Pediatric Sleep Disorders Program
Pulmonary Medicine
Children's National Medical Center
111 Michigan Avenue, NW 20010
dlewin@cnmc.org