



## PSYCHOLOGY EXTERNSHIP EXPERIENCES

**2023-2024**

Children's National Hospital (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 2023-2024 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, 2023.** 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.

### 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 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](http://www.childrensnational.org)).

Psychology and Behavioral Health, led by Dr. Randi Streisand, is a Division within the Center for Neurosciences and Behavioral Medicine, which is directed by Dr. Roger Packer, a neurologist. Other divisions in this center include Neuropsychology, Psychiatry, Neurology, Neurosurgery, Developmental Pediatrics, Genetics and Metabolism, Hearing and Speech, and Physical Medicine and Rehabilitation. This 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.

Faculty-level psychologists at Children's National who engage in training, clinical service, and research in a variety of specialty areas, including Psychology & Behavioral Health, Endocrinology, Hematology/Oncology, Pulmonary Medicine, Cardiology, Trauma/Burn Surgery, Food Allergy, Neurology, Neurosurgery, Obesity, Psychiatry, and Developmental Psychology. 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 5 suburban satellite clinics (Takoma, DC; Laurel, Maryland; Rockville, Maryland; Fairfax, Virginia; Tenleytown, 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 conducts post-doctoral, internship and practicum-level training for psychology students.

### **Statement about Diversity, Equity, and Inclusion**

The Division of Psychology and Behavioral Health and its training program are committed to practices that promote diversity, equity, and inclusion in patient care, training, research, professional development and advocacy. Our students and faculty actively work to develop the cultural self-awareness and humility needed to effectively serve diverse populations. The values of our program align with antiracism and we strive to take actions consistent with these principles. We also stand with LGBTQ+ communities and support gender affirming care. We are committed to cultivating an inclusive and diverse community that reflects our larger society. We know doing so will align us to better understand and contribute to the communities we serve. As such, we are engaging in intentional efforts to enhance the recruitment, retention, and promotion of trainees, staff, and faculty with identities underrepresented in psychology.

At Children's National, we are working to create a culture that leverages our differences to achieve excellence. We promote and practice compassion, commitment and connection in order to create strong partnerships with the community, our staff members, our patients and their families. To learn more about Children's National Hospital's commitment to Diversity, Equity, and Inclusion, please see the hospital's website:

<https://childrensnational.org/about-us/diversity-equity-and-inclusion>

Children's National Hospital is an equal opportunity employer that evaluates qualified applicants without regard to race, color, national origin, religion, sex, age, marital status, disability, veteran status, sexual orientation, gender, identity, or other characteristics protected by law.

### **Didactics**

#### **Psychology & Behavioral Health Division's Extern Didactics Series**

Extern group didactics are offered twice a month, typically midday (12-1pm) on Zoom. Didactics are frequently lectures with some opportunities for experiential learning from students. For some talks, trainees at all levels are invited including those in our APA-accredited internship, postdoctoral fellows, as well as externs. Didactic speakers are local leaders, faculty and postdoctoral fellows in the psychology training program. Didactic topics are selected for relevance to externs and changes year-to-year, and all talks are recorded to permit externs to view asynchronously if they cannot participate live. There are specific initiatives in place to provide enhanced training in diversity, equity, and inclusion. In the past, externs have had the opportunity to participate in the Racial Equity Challenge, an intensive 'bootcamp' experience to cultivate self-awareness and cultural humility. Specific didactics are subject to availability year-to-year. Below, find an example schedule from a prior year:

### Sample Titles in Extern Didactic Titles

Kick-Off: Getting the Most Out of Externship at Children’s National
Overview of DC Resources
Orientation to DC Housing Inequity
Introduction to Racial Equity Challenge
Integrated Primary Care
Suicide Screening
Case Formulation in Integrated Primary Care: Considering Individual and Systems-Level Factors
Sleep Hygiene and Behavioral Sleep Interventions
Perspectives on the Educational System and School-Based Psychological Services
Introduction to Trauma Focused CBT
Introduction to Pain and Pain Psychology
Enuresis & Encopresis
Pediatric Weight, Stigma, and Suggestions for Clinical Practice
Culturally Specific Risk and Protective Factors for Black and Latinx Youth and Recommendations for Therapy
Selective Mutism
Professional Development Panel (Interns/postdocs meet with externs)
Using DBT in Short-Term Therapy with Adolescents
The Impact of Early ACE Exposure and Trauma-Informed Care
Promoting Infant & Toddler Development
Parent-Child Interaction Therapy: Caregiver Engagement
Considerations When Working with Recently-Arrived Immigrant Families
Executive Functioning: Evidence & Intervention Strategies
Outpatient Diagnostic Evaluations in Psychology

### Spanish Training Emphasis Program (STEP)

The *Spanish Training Emphasis Program’s* (STEP) mission is to address mental health disparities for Latinx children, adolescents, young adults, and their families by increasing the availability of bilingual psychologists who are trained in the provision of bilingual, culturally competent therapy and assessment services. Through formalized training activities, this program is designed to be inclusive for all psychology trainees who wish to increase their confidence, competence, and comfort in serving Spanish-speaking families who receive care at Children’s National Hospital. All externs can participate in didactic training in multicultural competency, with special consideration of common challenges for Latinx families, such as varying levels of acculturation, issues related to immigration status, barriers to care, and stress related to intersecting minoritized identities. Bilingual trainees are encouraged to participate in process groups held in Spanish to increase their clinical vocabulary, allow for space to consult on culturally sensitive case conceptualizations, and promote self-reflection regarding bilingual and multicultural care. Additionally, there may be coordinated opportunities for direct service provision (therapy, consultation, assessment) to

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Spanish-preferring families through multiple clinics, including Integrated Primary Care, Child Development Clinic, and Outpatient Psychology. Bilingual trainees might have the opportunity to receive supervision in Spanish with a licensed bilingual psychologist (depends on rotation/supervisor availability). Further, STEP aims to improve overall care for the Latinx community by increasing the availability of training materials, resources, manuals on therapy modalities, and treatment worksheets in the Spanish language. For those interested, the DMV region allows for trainees to pursue advocacy and program development opportunities with the help of our STEP team. Extern participation in STEP is voluntary, and depends on the trainee's schedule, didactic and group calendar, and faculty availability.

## **APPLICATION INSTRUCTIONS**

### **How to apply:**

1. Complete the following survey just once (1 time) regardless of how many externship applications you are submitting. Please click this link or use the following QR code to complete it  
<https://redcap.link/CNHExternApp2023>



2. Refer to each externship ad page for specific requirements, application details, and contacts.

**CLINICAL EXTERNSHIP IN MOOD AND ANXIETY DISORDERS**  
**Division of Psychology and Behavioral Health**  
**Outpatient Psychology Department**

**Description:** This externship is ideally suited for *advanced* practicum students seeking further training in treating mood and anxiety disorders from childhood to adolescent, and during the perinatal period. The extern will rotate through three service programs, including the outpatient Anxiety Disorders Program, outpatient Mood Disorders Program and the Neonatal Intensive Care Unit (NICU) Postpartum Support Program. Externship activities are conducted under the direct clinical supervision of Drs. Lilia Mucka Andrew and Erin M. Sadler.

The Mood Disorders Program at CNH provides outpatient care to children and adolescents with mood disorders (e.g., major depression, bipolar disorder, disruptive mood dysregulation disorder). Externs will gain experience in the assessment and treatment of mood disorders through individual and group therapy (*optional*). Additional externship opportunities include working with young children (under 6), children with medical illnesses and histories of trauma.

The Neonatal Intensive Care Unit (NICU) at CNH is a Level IV NICU providing the highest level of care for premature and very sick newborns. The NICU Postpartum Support Program offers direct therapeutic services to NICU caregivers who are experiencing perinatal mood and anxiety disorders (PMADs). Externs will gain experience in both assessment and short-term treatment of PMADs at bedside and via telehealth. The NICU has a full range of health care providers, including pediatric subspecialists and specialized nurses; and externs may have opportunities for observation and experiences with the interdisciplinary team.

The Anxiety Disorders Program at CNH provides care to children and adolescents with anxiety disorders (e.g., generalized anxiety, OCD, tics, separation and social anxiety), and their families. Externs will gain experience in assessment and treatment of anxiety disorders in school-aged children (6-18 years), though younger children are sometimes seen as well. Experience with group therapy and working with children and adolescents with medical illness may be a possibility as well.

In addition to formal, in-person supervision, externs will also have the opportunity participate in case conferences with child psychiatrists, attend behavioral health grand rounds, and clinical seminars (depending on the day of the externship).

**Qualifications:** Applicants must be in at least the third year of a doctoral program. Formal coursework and prior direct clinical experience in child/adolescent assessment and treatment is required. Preference will be given to advanced doctoral students with a strong knowledge of psychopathology and evidence-based interventions including CBT. Experience with adults is helpful, but not required.

**Number of Positions Being Offered:** One (1) extern will be recruited for this externship.

**Time Requirement:** 16 hours (2 days)/week. Tuesdays and Thursdays preferred. Services are conducted via telehealth and in person at the Takoma Theatre and Main Hospital locations. It is anticipated that this externship will start July 2023 and end in June 2024.

**Locations:** Takoma Theatre ROC: 6833 4th St. NW, Washington, DC 20012 (metro accessible)  
Main Hospital: 111 Michigan Avenue NW, Washington, DC 20010 (metro accessible)

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application)

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brochure); 2) Send a letter of interest, curriculum vitae, and two letters of recommendation via email to: **Lilia Andrew, PhD** ([lmucka2@childrensnational.org](mailto:lmucka2@childrensnational.org)) & **Erin M. Sadler, PsyD**, ([esadler@childrensnational.org](mailto:esadler@childrensnational.org))

**CLINICAL EXTERNSHIP IN PEDIATRIC PSYCHOLOGY WITH FOCUS IN HEMATOLOGY/ONCOLOGY**  
**Divisions of Hematology, Oncology, and Blood and Marrow Transplantation; Center for Cancer and Blood Disorders**

**Description:** This externship is ideally suited for advanced clinical students seeking comprehensive training in pediatric psychology. Externs will spend two days per week providing psychological services to children and adolescents with cancer or blood disorders and their families. Clinical activities will be carried out under the direct supervision of Drs. Steven Hardy, Dana Footer, Megan Connolly, and Stephanie Merwin (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, hematologic disorders such as sickle cell disease, and other malignant and non-malignant disorders. Physicians, psychologists, nurse practitioners, 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 psychology, direct clinical care of patients and families, participation in multidisciplinary rounds and a weekly psychology seminar. As desired, opportunities are available to participate in new and ongoing clinical programs and research at Children’s National. Clinical activities, which emphasize cognitive/behavioral, acceptance and commitment, and family systems approaches, include: (1) inpatient and outpatient consultation/liaison services (2) outpatient therapy and (3) mental health screening programs. Externs will also have opportunities to participate in our multidisciplinary Long-term Follow-up Clinics for survivors of childhood cancer and children who have undergone stem cell transplant to treat malignant and non-malignant diseases as well as our Sickle Cell Disease Integrative Clinic for pain management.

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

**Time Requirements:** 2-3 days per week from August or September through May (16hrs/week, or more depending on extern needs)

**Location:** Children’s National Hospital  
111 Michigan Avenue, NW Washington,  
DC 20010

**Location:** Children’s National Hospital  
111 Michigan Avenue, NW Washington,  
DC 20010

**Number of Positions Being Offered:** Up to 3 externs will be recruited for this position

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Email a letter of interest, CV, and at least two letters of recommendation to Dana Footer, PsyD at [dfooter@childrensnational.org](mailto:dfooter@childrensnational.org)



**CLINICAL EXTERNSHIP IN ALLERGY/IMMUNOLOGY AND LONG-HAUL COVID-19  
2023-2024**

**Description:** This externship is ideally suited for advanced practicum students seeking further training in pediatric psychology. The extern will work under the direct clinical supervision of Linda Herbert, PhD.

The Division of Allergy and Immunology at CNH provides services to a diverse population of children and adolescents who are diagnosed with food allergies, eosinophilic esophagitis, asthma, eczema, urticaria, and immunodeficiency disorders and live throughout DC, MD, and VA. Externs will have the opportunity to collaborate with a social worker to assist families from lower income backgrounds and interpreters to assist with non-English-speaking families. This externship offers experience with:

A. Consultation/Liaison Services during Oral Food Challenge Clinic. On Mondays at the main hospital, externs will conduct consultation-liaison services during oral food challenge clinic. Externs will conduct psychosocial assessments about food allergy management practices and impact of food allergy on quality of life with approximately 3-6 patients/week ranging in age from infancy to young adulthood. Externs will also provide procedural support. Primary concerns during this clinic are patient and parent anxiety related to potentially experiencing an allergic reaction during the oral food challenge.

B. Outpatient Allergy Psychology Therapy Services. The primary mental health concerns addressed during outpatient therapy are anxiety and depressive symptoms related to food allergies, EoE, and primary immunodeficiency disorders, adherence to medical routines, needle phobia, and adjustment to new diagnosis. Externs may also can engage in feeding therapy for anxiety related to food allergy or mild ARFID cases. Externs may complete brief consultations with parents of young children who are navigating a new diagnosis or need assistance with a developmental transition related to their child's medical diagnosis (e.g., preparation for school). Therapy includes medical psychoeducation and CBT and exposure techniques.

C. COVID-19 Long Haul Clinic. On Wednesday afternoons at the main hospital, externs will conduct consultation/liaison services with patients in the COVID-19 Long Haul clinic. Two patients are seen a week by 3-4 medical specialties, including infectious disease, psychology, physical medicine, rheumatology, neurology, gastroenterology, and cardiology. Patients come from throughout the US to receive comprehensive services to address concerns related to COVID-19 diagnosis, such as fatigue, pain, physical weakness, cognitive concerns, GI concerns, anxiety, and depression.

**Supervision:** Minimum of 1 hour set aside weekly; Also as needed during consultation/liaison work

**Qualifications:** Applicants must be in at least the third year of a doctoral program and have prior practicum experience with child and adolescent assessment and therapy. Experience with pediatric populations is desired, but not required. Preference will be given to advanced doctoral students.

**Number of Positions Being Offered:** One extern will be recruited for this externship.

**Time Requirement:** 16 hours/week. Mondays 8am-5pm and Wednesday 1-5:30pm at the main hospital. There is flexibility regarding telehealth versus in-person services for outpatient therapy.

**Locations:** Children's National Hospital: 111 Michigan Ave, NW, Washington, DC 20010

**Example Schedule**

Monday

8:00-12:00 Oral food challenge clinic  
12:00-1:00 Supervision  
1:00-3:00 Note writing  
3:00-5:00 Therapy outpatients

Wednesday

1:30-2:15 COVID Long-Haul patient  
2:15-3:30 Note writing  
3:30-4:15 COVID Long-Haul patient  
4:15-5:30 Note writing

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please send a letter of interest, CV/resume, and two letters of recommendation via email. Linda Herbert, PhD; Licensed Psychologist; [lherbert@childrensnational.org](mailto:lherbert@childrensnational.org)

## CLINICAL EXTERNSHIP IN PEDIATRIC ANXIETY & EATING DISORDERS

**Description:** This externship is ideally suited for advanced practicum students seeking further training in outpatient psychology from early childhood to adolescence. The Extern will spend 1 day each per week providing outpatient services for youth with disordered eating and Child and Adolescent Anxiety Disorders Program (ADP) at Children’s National Hospital (CNH) under the direct clinical supervision of Sarah Hornack, PhD and Mi-Young Ryee, PhD, respectively.

The Child and Adolescent Anxiety Disorders Program (ADP) at CNHS provides care to children and adolescents with anxiety, and their families. The majority of youth treated are school-aged children (5-18 years), though younger children are sometimes seen as well. Externs will gain experience in assessment and treatment of anxiety disorders in children and adolescents and also participate in group therapy. Experience working with children and adolescents with medical illness may be a possibility as well. In addition to formal in-person supervision, opportunities for didactics include psychiatry grand rounds, clinical seminars and case conferences within the hospital (depending on the day of the externship).

The child and adolescent eating disorders rotation involves outpatient evaluation and psychotherapy for youth presenting with binge eating disorder, bulimia nervosa, and anorexia nervosa. The extern will gain experience with delivery of Family-Based Treatment (FBT) and enhanced cognitive-behavioral therapy (CBT-E) for eating disorders. Externs will coordinate care with clinicians of other disciplines, including psychiatrists, adolescent medicine physicians, and dietitians. There may also be opportunities to co-lead groups.

**Qualifications:** Applicants must be in at least the third year of a doctoral program, have completed formal coursework in child development and treatment, and have had prior practicum experience with child and adolescent assessment and therapy.

**Number of Positions Being Offered:** One extern will be recruited for this externship.

**Time Requirement:** 16 hours/ week. The Child and Adolescent Eating Disorders rotation is offered on Mondays or Thursdays and the Child and Adolescent Anxiety Program is held on Wednesdays, both at Takoma Theatre (see below for address). It is anticipated that this will be a 1-year externship from July 2023-June 2024.

Takoma Theatre, 6833 4<sup>th</sup> St. NW, Washington, DC 20012

To Apply: 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Send a letter of interest; CV/resume, and two letters of recommendation via email to:

Sarah Hornack, PhD  
Licensed Clinical Psychologist  
Children’s National Health System  
[shornack@childrensnational.org](mailto:shornack@childrensnational.org)

Mi-Young Ryee, PhD  
Licensed Clinical Psychologist  
Children’s National Health System  
[mryee@childrensnational.org](mailto:mryee@childrensnational.org)



**BEHAVIORAL SLEEP MEDICINE CLINIC**  
**Departments of Psychology, Pulmonary and Sleep Medicine**

**Description:** This externship is ideally suited for advanced practicum students (3<sup>rd</sup> or 4<sup>th</sup> year) with a least one year of clinical child experience who are seeking comprehensive training in behavioral sleep medicine and pediatric psychology. Externs will spend one day each week (Thursday) providing comprehensive assessment, follow-up consultation and psychotherapy to out-patients with sleep disorders and co-morbid psychopathology. Clinical activities will be under the direct supervision of Tyish Hall Brown, Ph.D., MHS, licensed clinical psychologist and Director of Behavioral Sleep Medicine.

The Behavioral Sleep Medicine Clinic offers externs the opportunity to gain expertise in the diagnosis and treatment of sleep disorders through clinic consultation, long-term therapy with children, teens, and families, and didactic experiences (optional Sleep Seminar Series). Sleep and circadian regulation are complex domains of cutting-edge clinical science that require special training in context of a specialized sleep clinic. Training focuses on the diagnosis and assessment of pediatric sleep disorders and basic circadian and sleep regulation, evaluation of complex cases that often involve sleep disturbances and comorbid medical, psychiatric and developmental disorders as well as evidenced based treatment for sleep disorders. In addition to leading comprehensive assessment of sleep problems, externs take on short and long-term psychotherapy patients with chronic sleep disturbance as well as sleep and psychiatric disorders using evidence-based therapies including, CBT and mindfulness medicine. In addition to group and individual supervision, externs may provide and receive peer supervision among a very diverse group of specialties including more advanced psychology trainees, sleep medicine physicians and fellows (from disciplines including pediatrics, neurology, pulmonary critical care, family medicine, internal medicine) and psychiatry.

**Qualifications:** Applicants must be in at least the third year of a doctoral program and have had one full year in pediatric rotation involving both assessment and treatment, with a documented interest in gaining experience in a medical/pediatric setting.

**Time Requirement:** 4-6 hours/ week (clinic 8 hours; report writing/didactics 2 hours). The Pediatric Sleep Medicine rotation is held on Thursdays. This is a 1 year externship from July 2023 – June 2024.

**Location:** Children’s National Hospital, 111 Michigan Avenue, NW Washington, DC 20010

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Send a letter of interest; CV/resume, and two letters of recommendation via email to

Tyish Hall Brown, Ph.D., MHS

Division of Pulmonary and Sleep Medicine

Children’s National Hospital

111 Michigan Avenue, NW 20010

[thallbrown@childrensnational.org](mailto:thallbrown@childrensnational.org)

(202) 476-6209

## CHILD & ADOLESCENT BURN AND TRAUMA SURGERY EXTERNSHIP

**Externship Description:** Advanced clinical psychology doctoral students are encouraged to apply to work with the Burn Trauma Surgery Team's Psychology Service. This team is multidisciplinary and includes physicians, nurse practitioners, physical therapists, occupational therapists, social workers, dietitians, Child Life specialists, postdoctoral fellows, and psychologists. Team members work with individual families to assist with medical and behavioral management of the injury and recovery. This externship offers clinical and research experiences, as well as the opportunity to contribute to program development. Potential experiences are as follows:

1. Consultation with families of children with burn and other traumatic injuries. This includes meeting with families as part of their visits in the hospital's fast-paced outpatient burn clinic. Psychology provides psychoeducation regarding supporting adjustment, psychosocial screening, and brief interventions including pain management strategies as well as other behavioral and cognitive strategies. Attending clinic may provide observational and experiences with interdisciplinary team including physicians, nurse practitioners, occupational and physical therapists working with children/families.
2. Outpatient evaluation and psychotherapy with children and families. Common referral questions include difficulty adjusting to injury, posttraumatic stress disorder, anxiety, and depression. There are opportunities for training in conducting trauma-focused cognitive-behavioral therapy (TF-CBT).
3. Consultation and treatment with children who have experienced burn and other traumatic injuries during their inpatient hospitalization. Potential duties include reviewing medical records, interviewing children and families, case conceptualization, recommendations for treatment/referral, and providing feedback (verbal and chart notes) to medical team.
4. Assistance with and experience in participating and observing program development, with particular tasks including (1) developing a referral network and (2) developing standardized psychosocial assessment screening program.
5. Research opportunities may be available for interested and motivated candidates. Clinical research topics may include topics relating to family adjustment to injury and include skill building opportunities in literature reviews, preparing IRB protocols, obtaining consent, database management, and preparing presentations and manuscripts.
6. Formal didactic opportunities include psychology externship didactics, multidisciplinary burn rounds, clinical research meetings, psychiatry grand rounds, and pediatric grand rounds. Didactic availability depends on the days of the week for externship.

**Qualifications:** Formal coursework in child assessment and child psychopathology/treatment is required. Prior practicum experience in child or adolescent therapy is also required; prior work on a multidisciplinary team preferred.

**Time Requirements:** 16 hours/week. Available days for externship include Mondays, Wednesdays, and Fridays.

**Number of positions being offered:** 1 position will be offered

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please email a letter of interest, curriculum vitae, and two letters of reference to: Carrie Tully, Ph.D., (202) 476-4546 / [ctully1@childrensnational.org](mailto:ctully1@childrensnational.org)

## CLINICAL EXTERNSHIP IN ENDOCRINOLOGY & DIABETES

**Description:** This externship is for advanced clinical psychology practicum students seeking further training in pediatric psychology within the Division of Endocrinology & Diabetes at Children's National Hospital. The diabetes team is multidisciplinary and includes physicians, nurse educators, dietitians, social workers, and psychologists. Psychology team members meet with children and families newly diagnosed with diabetes and also work with individual youth and families to assist with medical and behavioral management of endocrine disorders and type 1 and type 2 diabetes. In addition to formal in-person supervision, opportunities for didactics and participation in behavioral research lab activities are available. Further, priority is placed on attendance and active participation in extern didactics and a variety of DEI trainings offered through the division and hospital.

**Potential experiences are as follows:**

1. Outpatient psychotherapy with children and families - typical caseload 4-6 weekly patients. Common referral issues include difficulty adjusting to diabetes diagnosis, 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. Outpatient education is provided for all families in a group format.
3. Consultation during outpatient diabetes and endocrine clinic appointments (e.g., Type 2 Diabetes Clinic, Turner Syndrome). Attending clinics may include participant-observation experiences with physicians, nurse educators, and dietitians working with children/families. Brief psychological consultations are often requested during clinics as well.
4. Co-leading behavioral and psychosocial group for parents and teens with diabetes as well as assisting with programming designed to help support families with diabetes (e.g., Family Night; Halloween Party and Candy Exchange, Off to College/Transition Workshop).
5. Didactics and research opportunities are available including: (1) participating in weekly research lab meetings and (2) discussing relevant research regarding diabetes management in children and teenagers with type 1 and type 2 diabetes. Opportunities for research and didactics depend on days of week of externship and could also include (a) extern didactics/DEI trainings, (b) multidisciplinary diabetes team meetings, (c) clinical research meetings, (d) psychiatry grand rounds, and (e) pediatric grand rounds.

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

**Time Requirements:** 1 day (8 hours) or 2 days (16 hours) per week; Available days for externships include Monday – Friday.

**Number of positions being offered:** Up to 3 positions will be offered

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please email a letter of interest, curriculum vitae, and two letters of reference to: Lauren Clary, Ph.D. , (202) 476-2231, [LClary@childrensnational.org](mailto:LClary@childrensnational.org).

## CLINICAL EXTERNSHIP IN GASTROENTEROLOGY

**Description:** This externship is ideally suited for advanced practicum students seeking further training in pediatric psychology. The Division of Gastroenterology provides outpatient psychological consultation and treatment to a diverse clientele of families with conditions such as inflammatory bowel disease, functional abdominal pain, celiac disease, eosinophilic esophagitis, and encopresis. This position offers opportunities to participate in a range of multidisciplinary outpatient clinics and services at the main hospital and/or regional outpatient centers (ROCs)\* under the direct clinical supervision of Lisa Opipari-Arrigan, PhD and Shayna Coburn, PhD:

- **Functional GI Disorders Clinic:** (Fridays 8am-12:30pm at the main hospital) Offers multidisciplinary evaluation and treatment of patients with a range of disorders of the gut-brain axis. Patients are seen by a gastroenterologist, psychologist, pain medicine specialist and dietitian. Common referral questions for consultation and outpatient therapy include coping with chronic pain, rumination, and anxiety.
- **Inflammatory Bowel Disease Clinic:** (1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month 9am-5pm at the main hospital) Provides evaluation and treatment of newly diagnosed and complex patients with ulcerative colitis and Crohn's disease. Patients are seen by a range of specialists including a gastroenterologist, nurse, psychologist, dietitian and social worker. Brief assessment and outpatient therapy addresses coping with chronic illness, self-management, procedural anxiety, and depression.
- **Encopresis Clinical Service:** (Daily at the main hospital and via telehealth) Provides outpatient therapy in combination with collaborative medical treatment for children and teens with chronic constipation, stool withholding and soiling.
- **Celiac Disease Program:** (Fridays 9am-5pm via telehealth; optional in-person Wednesdays at the Montgomery County ROC) Provides outpatient consultation and treatment to children and adolescents with celiac disease, requiring a strict gluten-free diet. Psychologists are integrated into clinic visits alongside a physician, nurse, dietitian, and education specialist to address coping with diagnosis, dietary changes, physical symptoms, and eating/feeding challenges. Potential experiences include half-day weekly clinic, therapy, and optional groups for teens and parents (2 hours on a weekday evening).

**Qualifications:** Applicants must be in at least the third year of a doctoral program and have prior practicum experience with child and adolescent assessment and therapy. Experience with pediatric populations is desired, but not required. Preference will be given to advanced doctoral students.

**Number of Positions Being Offered:** Up to two externs will be recruited for this externship.

**Time Requirement:** The extern will spend one or two days 8-16 hours/week. At least one of the days will be on a Thursday or Friday.

### Children's National Hospital Locations:

*\*Note: Depending on COVID-19 restrictions during the time of the externship, some or all clinical care may be provided through telehealth.*

- Main Hospital: 111 Michigan Ave NW, Washington, DC 20010
- Montgomery County ROC: 9850 Key W Ave, Rockville, MD 20850 (optional)

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please send a letter of interest, CV/resume, and two letters of recommendation via email to:

Lisa Opipari-Arrigan, PhD

Shayna Coburn, PhD

Licensed Clinical Psychologist  
[lopipariar@childrensnational.org](mailto:lopipariar@childrensnational.org)

Licensed Clinical Psychologist  
[scoburn@childrensnational.org](mailto:scoburn@childrensnational.org)

## EXTERNSHIP IN BEHAVIORAL HEADACHE PROGRAM

**Description:** This externship is ideally suited for advanced practicum students seeking specialized training within a pediatric hospital setting. The Headache Program is a multidisciplinary team consisting of neurologists, psychologist, neurology fellows, medical students, and nurses who collaborate as a team to evaluate, diagnose, and treat children and adolescents with various headache conditions.

This position includes 1 day working within the interdisciplinary chronic headache team in the evaluation/diagnostic program along with neurologists, neurology fellows, and nurse practitioners. The second day will focus on developing and executing pain-focused cognitive-behavioral treatment to patients their families

Theoretical orientations utilized within this clinic include an integrative rehabilitative approach involving pain-focused cognitive and behavioral skills, acceptance and commitment therapy, and other mindfulness approaches necessary to restore functioning and prevent disability associated with chronic headache conditions.

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

**Time Requirement:** Externships are 1-year and will occur from Summer 2023 – Spring/Summer 2024

*Note: Ideally this is a 2 day externship (16 hours/week) and is tentatively dedicated to Wednesdays & Thursdays at the main hospital in Washington, DC and/or the Fairfax, VA.*

**Number of positions being offered:** 1-2 externs will be recruited for this externship.

**Children's National Hospital Locations: *Flexibility with location is important***

- Main Hospital: 111 Michigan Ave NW, Washington, DC 20010
- Northern Virginia ROC: 3023 Hamaker Court, Suite 300, 3<sup>rd</sup> Floor, Fairfax, Virginia 22031

*\*Note: Some clinical care may be provided through telehealth.*

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please send your letter of interest, curriculum vitae, and 2 letters of reference directly from recommenders to Angela Fletcher, PsyD, Division of Neurology, Psychiatry & Behavioral Sciences: [anfletch@childrensnational.org](mailto:anfletch@childrensnational.org)

## EXTERNSHIP IN BEHAVIORAL PAIN MEDICINE

### EXTERNSHIP IN BEHAVIORAL PAIN MEDICINE

**Description:** This externship is ideally suited for advanced practicum students seeking specialized training within an academic medical center or pediatric setting. The Pain Medicine Program is a multidisciplinary team specializing in management of chronic pain conditions. Physicians, psychologists, physical therapists, occupational therapists, and nurses work together as a team and collaborate with psychiatrists, social workers, and community providers (pediatricians, schools, etc.) to facilitate and implement rehabilitative therapy. Our behavioral team includes 2-3 pain psychologists and 1 psychology fellow.

All tracks consist of clinical training in pediatric psychology, pain management, and supervision. Specialty seminars and didactics are available as well. Theoretical orientations utilized include an integrative approach involving cognitive and behavioral, acceptance and commitment therapy, and other mindfulness approaches. Opportunities exist for presentation of research at local and national conferences. Applicants have the opportunity to choose a particular track of interest and all tracks include interdisciplinary evaluation/consult clinics and short-term individual therapy.

**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, and autonomic disorders. Clinical activities include multidisciplinary and interdisciplinary intake evaluations, consultations, brief outpatient treatment, collaboration with schools, and care coordination. Extern will also have the opportunity to participate in an evidence-based parent/child group intervention, The Comfort Ability Program. This track is available in multiple locations, including telemedicine, the Main Hospital in DC, satellites in Rockville, MD, & Fairfax, VA. Supervisors: Laura Gray, PhD & Chelsey Bowman, PhD.

**Concussion Track:** One day per week, the extern will provide evaluations for patients with a range of physical, behavioral/emotional, cognitive, and sleep disturbance symptoms following a concussion (mild traumatic brain injury). The extern will have the opportunity to collaborate with the other members of the team including neuropsychologists, neurologists, schools, and physical therapists. Note -this track is dedicated to Tuesdays at the Shady Grove location (Rockville, MD) or potentially Thursdays at the new Sports Medicine Center in Silver Spring, MD. Supervisor: Chelsey Bowman, PhD.

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

**Time Requirement:** Externships are 1-year and will occur from July 2023 – June 2024; anticipated 8 (1 day) -16 (2 days) hours per week. Tuesdays are required for the Concussion Track. Other possible clinic days for the Pain Management Track are Mondays, Tuesdays, Wednesdays & Thursdays. Prefer 2 days per week. Please note: Externs are encouraged to participate in 2 different tracks if interested. For example, an extern can dedicate 1 day to the concussion track and 2nd day to pain management.

**Number of positions being offered:** 1-2 externs will be recruited for this externship.

**Location:** Children's National Hospital – 111 Michigan Ave., N.W. – *Some tracks may require clinic days at the Satellite locations (Rockville, MD & Fairfax, VA) and telemedicine continues for many patients. Flexibility with location is important – based on clinic needs, locations may change.*

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please specify your preferred track in your letter of interest, curriculum vitae, and 2 letters of reference directly from recommenders to Chelsey Bowman, PhD ([cbowman@childrensnational.org](mailto:cbowman@childrensnational.org)).

## **HIV SERVICES MENTAL HEALTH PROGRAM**

**Description:** The HIV Services Mental Health Program provides psychological services to children, adolescents, young adults, and families living with HIV/AIDS. The Program is currently open to patients between ages 4 and 24 and their families. Our services are multidisciplinary to ensure that patients and families receive comprehensive care in our outpatient clinic.

Patients living with HIV/AIDS often experience a variety of mental health issues including: anxiety, depression, bereavement, post-traumatic stress symptoms, substance abuse, relationship problems, difficulties with adjustment, and behavioral problems. Patients are routinely screened for areas of concern, and possible recommendations are discussed with families.

Mental health services are provided on an outpatient and medical inpatient basis. Patients and families may be referred for a number of pediatric issues including: medication adherence, pill swallowing, adjustment to illness, adjustment to hospitalization, and diagnosis disclosure/education. Treatment may include individual therapy, family therapy, parent training, and/or group therapy depending on the presenting problem. Psychiatry consultation and medication management are also available. Lastly, children and adolescents living with HIV undergo developmental and psychological evaluations to monitor cognitive development and signs of HIV-related problems.

Extern experiences may include:

1. Mental health and substance use screening
2. Consultation (outpatient and inpatient)
3. Outpatient therapy (individual and possibly group)
4. Psychological evaluation

**Qualifications:** This is a complex service requiring previous direct experience with children and adolescents. Preference will be given to advanced doctoral students with a strong knowledge of psychopathology and appropriate interventions. Formal course work and previous experience in child/adolescent assessment and therapy is required.

**Time Requirements:** 8-16 hours/per week from September to May. Specific days on-site will be coordinated with supervising psychologists.

**Number of Positions being offered:** One extern will be recruited for this externship.

**Location:** Children's National Hospital 111 Michigan Ave. N.W. Washington, DC 20010

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please e-mail a letter of interest, curriculum vitae, and two letters of reference to Gretchen Cruz Figueroa, PsyD, Special Immunology Services  
E-mail: [gcruzfigue@childrensnational.org](mailto:gcruzfigue@childrensnational.org)

## **EPILEPSY/NEUROPSYCHOLOGY EXTERNSHIP**

The Combined Clinical Externship in Epilepsy and Neuropsychology is ideally suited for advanced practicum students seeking further training in pediatric psychology. The extern will spend one day each with the Comprehensive Pediatric Epilepsy Program (CPEP) and the Division of Neuropsychology at Children's National Hospital, under the direct clinical supervision of Eleni Rizakos, Psy.D. and Leigh Sepeta, Ph.D.

The Comprehensive Pediatric Epilepsy Program provides services to a diverse population of children and adolescents who are diagnosed with epilepsy. The Epilepsy rotation involves working as part of a multidisciplinary team that provides services to a diverse population of youth diagnosed with epilepsy. Disciplines include neurology, surgery, neuropsychology, family support, and psychology.

The Division of Neuropsychology inpatient neuropsychology experience is divided into two parts. On the Neuroscience floor, externs see patients with a variety of neurological diseases/disorders, including severe traumatic brain injury (TBI), hypoxia/hypoxic brain injury, encephalitis, and stroke. On the Trauma Team/Neurosurgery floors, externs primarily see patients with mild to moderate traumatic brain injuries.

### **About the Externship:**

CPEP: Externs have the opportunity to participate in short- and long-term therapy, as well as consultation and presurgical evaluations for youth diagnosed with epilepsy. Outpatient treatment cases present with a range of concerns, including coping with illness/medical intervention, medical adherence, as well as mood and anxiety concerns. Consultations include meeting with children/families: around the time of diagnosis, during the presurgical evaluation process, and as inpatients during/following medical interventions (e.g., MRI, vEEG, SEEG, surgery). The Epilepsy team is multidisciplinary, so externs will have the opportunity to coordinate care with physicians and neuropsychologists. An emphasis is placed on cognitive and behavioral therapy approaches, although there is also an integration of acceptance and commitment therapy and mindfulness strategies.

Neuropsychology: On the Neuroscience and Trauma Team/Neurosurgery floors, the purpose of neuropsychological consultations is to provide assessment of global functioning/mental status, parent and patient education, a plan for rehabilitation/return to home and school, and liaison services for follow-up. Externs may also be involved in outpatient neuropsychological consults as part of a multidisciplinary stroke clinic. If interested, additional experience may include preparation for clinical functional magnetic resonance imaging (fMRI) of language and motor functioning, as well as the actual clinical language fMRI procedure.

### **Qualifications:**

Applicants must be in at least the third year of a doctoral program and have prior practicum experience with child and adolescent assessment and therapy. Experience with pediatric populations is desired but not required. Preference will be given to advanced doctoral students.

### **How Many Positions Are Available?**

One extern will be recruited for this externship.

**How to apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please email a letter of interest, CV/resume and two letters of recommendation to: Eleni Rizakos, PsyD ([eerizakos@childrensnational.org](mailto:eerizakos@childrensnational.org)) and Leigh Sepeta, PhD ([lsepeta@childrensnational.org](mailto:lsepeta@childrensnational.org))  
Children's National Hospital  
111 Michigan Ave NW  
Washington, DC 20010

**Locations:**

Children's National Hospital: 111 Michigan Ave NW, Washington, DC 20010 (Neuropsychology rotation)

Telehealth with possible option for in person at Takoma Theatre - 6833 4th St. NW

Washington, DC 20012 (CPEP rotation)

**Time Requirement:**

CPEP rotation: Mondays 8a-5p (approximately 5 clinical hours expected during this window)

Neuropsychology rotation: Wednesdays or Fridays (approximately 5 clinical hours expected during this window, although this is variable and consult dependent)

**CLINICAL EXTERNSHIP IN SOLID ORGAN TRANSPLANT**  
**Divisions of Nephrology and Cardiology**

**Description:** This externship is ideally suited for advanced clinical psychology doctoral students seeking comprehensive training in pediatric psychology. Direct supervision will be provided by Kaushal Amatya, Ph.D, pediatric psychologist.

The divisions of nephrology and cardiology provide kidney and heart transplant services to children aged 0-17 and follow up care to patients up to age 21. The transplant teams are multidisciplinary and include physicians, nurse practitioners, nurse educators, dietitians, social workers, child life specialists, pharmacists, and psychologist. Psychological services include transplant readiness evaluations, adjustment to diagnosis and treatment, preparation for transplant, and follow up care for adjustment and adherence. Nonadherence to medications and medical recommendations is the primary presentation for therapeutic services. It is prevalent in significant portion of the transplant population and is associated with poor graft survival and shorter life expectancy. Psychosocial difficulties can lead to or contribute to nonadherence and need to be monitored regularly. Additionally, psychology is involved in dialysis clinic and provides services to children and adolescents receiving dialysis and renal replacement therapy.

This externship offers clinical, research, and didactic experiences as well as opportunities to contribute to program development. Potential experiences include:

- Consultations with families attending the multidisciplinary transplant clinics (Tuesdays and Thursdays, 8:30-12pm) and dialysis clinics (MWF 8am- 6pm)- externship schedule is flexible based on extern availability and interest and need for services. Psychology provides services including adherence and psychosocial screening and brief interventions to improve adherence, pain management, healthy diet/weight, sleep, and emotional/behavioral functioning.
- Outpatient therapy services for children and adolescents prior to or post-transplant. Services may be provided in-person or via telehealth.
- Consultations with patients and families in inpatient in the heart and kidney unit and the cardiac ICU.
- Formal didactic opportunities include multidisciplinary transplant and dialysis rounds, program development meetings, and pediatric grand rounds. Didactic availability depends on the days of the week for externship.
- Research opportunities: (1) investigating quality of life in pediatric dialysis and transplant patients (2) pre-transplant psychosocial functioning and association with nonadherence (3) transition readiness in adolescents and young adults.
- Assistance with and experience in participating and observing program development exist, with particular tasks including (1) developing a referral network and (2) developing standardized psychosocial assessment screening program.

**Qualifications:** Prior practicum experience in child or adolescent therapy is required. Preference will be given to doctoral students in at least their 3<sup>rd</sup> year. Experience with medically ill populations is desired, but not required.

**Time Requirement:** 8-16 hours/week; days are negotiable based on extern's availability and interests. It is anticipated that this will be a 1 year externship from July 2023-June 2024.

**Number of positions being offered:** One extern will be recruited for this position.

**Location:** 111 Michigan Avenue NW, Washington, DC 20010

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please email a letter of interest, curriculum vitae, and two letters of reference to:

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Kaushal Amatya, Ph.D., Divisions of Nephrology and Cardiology, [kamatya@childrensnational.org](mailto:kamatya@childrensnational.org),  
(202) 476-5059

**CLINICAL EXTERNSHIP IN  
EARLY CHILDHOOD BEHAVIORAL HEALTH**

**Division of Psychology & Behavioral Health**

This externship is for advanced practicum students seeking further training in early childhood behavioral health with the [Early Childhood Behavioral Health Program](#) (ECBHP) at Children’s National Hospital (CNH). The Early Childhood Behavioral Health Program at Children’s National provides outpatient care to young children (6 years and under) and their families. Externs will gain experience working with children experiencing a variety of behavioral and mental health disorders including internalizing and externalizing problems and neurodevelopmental disorders. Externs will have opportunities to conduct initial intake evaluations and facilitate ongoing therapy/treatment. The extern will receive training in [Parent Child Interaction Therapy](#) (PCIT) with opportunities to potentially become a PCIT-certified therapist. The extern may also gain exposure to [Applied Behavior Analysis-informed treatment](#), treatment for early childhood anxiety disorders, and/or group-based social communication therapy based on interest and supervisor availability. In addition to formal in-person supervision, opportunities for didactics include case conferences with child psychiatrists and clinical social workers, psychiatry grand rounds, and clinical seminars.

**Qualifications:** Applicants must be in at least the third year of a doctoral program, have completed formal coursework in child development and treatment, and have had prior externship experience with child and adolescent therapy outside of their graduate program. Preference will be given to advanced doctoral students.

**Number of Positions Being Offered:** 1-2 externs will be recruited for this externship

**Time Requirement:** 8-16 hours/week. One (1) day per week and/or two (2) day per week externships will be offered based on candidate preference and supervisor availability, which will be finalized when official offer is extended. Tuesday is likely a required day. It is anticipated that this will be a one-year externship from July 2023 to June 2024.

**Location:** Children’s National Hospital, Takoma Theatre Regional Outpatient Clinic  
6833 4th Street NW  
Washington, DC 20012  
Given COVID-19, some of the work is done via telehealth

**To Apply:** Please send a letter of interest, CV/resume, and two letters of recommendation via email.

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please send a letter of interest, CV/resume, and two letters of recommendation via email.

Olivia Soutullo, Ph.D.  
Licensed Psychologist  
Division of Outpatient Psychology and Behavioral Health

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[osoutullo@childrensnational.org](mailto:osoutullo@childrensnational.org)

**CLINICAL EXTERNSHIP IN ADHD AND LEARNING DIFFERENCES**  
**Division of Psychology and Behavioral Health, Outpatient Psychology Department**

**Description:** The *ADHD & Learning Differences Program* at Children’s National Hospital (CNH) is a specialized program dedicated to engaging in innovative interdisciplinary research and training, providing high quality services for children, adolescents, and families, and working with school partners and community-based organizations to improve care for ADHD. We provide outpatient services to families and children/adolescents (ages to 3-18) with neurodevelopmental disorders including ADHD and specific learning disorders, as well as behavioral, anxiety, and mood disorders. The extern will spend two days per week conducting empirically-based assessment and providing individual, group, and family-focused treatment services through the *ADHD and Learning Differences Program* at CNH. This externship offers rich clinical and research experiences, as well as the opportunity to contribute to program development. Potential experiences include:

- *Diagnostic evaluations* and assessment of ADHD, attention, learning, and/or behavioral concerns for children and adolescents, comprehensive report writing, and follow-up consultation
- *Parenting interventions* including individual and group-based therapy programs to empower parents to effectively manage a child’s attention and behavior
- *Adolescent education support* for youth ages 11 to 18 years old (middle and high school) to achieve success in school by improving organization, time management, and homework performance
- *Family therapy* with parents/caregivers and youth to receive individualized training to manage ADHD and/or behavior concerns
- *Group therapy* for children and adolescents to build skills and practice with their same age peers
- *Frustration management* to promote effective coping with frustration and negative emotions for children ages 8 to 11 years old
- Additional externship opportunities include working with youth with medical illnesses histories and complex co-occurring mental health concerns
- In addition to formal, in-person supervision, externs will also have the opportunity participate in case conferences, attend behavioral health grand rounds, pediatric grand rounds, psychiatry grand rounds, and clinical seminars (depending on the day of the externship)
- Externs also be invited to attend and present at weekly clinical research seminars on ADHD and have the opportunity to participate in research projects
- Additional research opportunities may be available for interested and motivated candidates. Clinical research topics may include topics relating to ADHD and learning including school interventions and mechanisms underlying social, emotional, and academic functioning, substance use and other risk behaviors. Opportunities for providing school consultation, obtaining consent/assent, and preparing presentations and manuscripts are available and encouraged.

**Qualifications:** Formal coursework and prior direct clinical experience in child/adolescent assessment and treatment is required. Preference will be given to advanced doctoral students with a strong knowledge of psychopathology and behavioral interventions including CBT and behavioral parent training (BPT) skills.

**Time Requirements:** 16 hours/week. The specific days will be worked out to suit the extern’s schedule.

**Location:** Takoma Theatre ROC, 6833 4th St. NW, Washington, DC 20012 (metro accessible)

**Number of positions being offered:** 2 positions will be offered

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please email a letter of interest, curriculum vitae, and two letters of reference to: Melissa Dvorsky, Ph.D.: [MDvorsky@childrensnational.org](mailto:MDvorsky@childrensnational.org)

**Clinical Externship in Behavioral Parent Training (BPT)**  
**Division of Psychology and Behavioral Health**  
**Outpatient Psychology Department**

**Description:** This externship is ideally suited for advanced practicum students seeking further training in childhood ADHD. Externs will spend two days per week providing outpatient services through the Behavioral Parent Training (BPT) Clinic.

The Behavioral Parent Training (BPT) Clinic at CNH serves parents of children diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), offering parents assistance in managing their children's challenging behaviors. BPT is one of the few empirically validated interventions for childhood ADHD, making it a critical element to most treatment plans developed for children with ADHD. Clinic staff work with parents, within the context of a supportive environment, to develop effective strategies that can be implemented on a consistent basis. Thorough intake sessions are conducted. Pre-treatment assessments are administered following the intake appointment, in order to guide treatment and track treatment progress. Parents' presenting concerns generally range from mild to severe, and frequently include the following: noncompliance with rules or routines, aggressive behavior, tantrums, disrespectful language, disruptive behavior, and destructive behavior. Sessions are conducted in individual and/or group formats. School consultation is provided, as necessary. Externs participate in all aspects of the interventions described above, under close supervision provided by Dr. Efron. Caseload is determined based on externs' level of training and previous experience.

Optional externship opportunities include conducting individual therapy with children and teens who have been diagnosed with ADHD; this additional experience is ideal for externs who wish to gain expertise in both child-focused, as well as parent-focused, interventions.

In addition to formal, face to face supervision, externs also have the opportunity to attend the Psychology Division's externship seminar series and weekly behavioral health grand rounds.

**Location:** The Clinic is based at the Fairfax Satellite of Children's National Medical Center; 3023 Hamaker Court, Ste. 300, Fairfax, VA 22031

**Qualifications:** Applicants must be in at least the third year of a psychology doctoral program, have completed formal coursework in child development, child psychopathology and treatment, and have had prior practicum experience with child assessment and intervention. Preference will be given to advanced doctoral students.

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

**Time Requirement:** 16 hours (2 days)/week.

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Send a letter of interest, CV, and two letters of recommendation via email to Dr. Lisa Efron ([lefron@childrensnational.org](mailto:lefron@childrensnational.org)).

**For more information contact:** Dr. Lisa Efron at [lefron@childrensnational.org](mailto:lefron@childrensnational.org) or (571) 405-5797.



## CHILD DEVELOPMENT PROGRAM

**Description:** Clinical and Developmental Psychology doctoral students are invited 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. The presenting problems include complications around the time of birth (e.g. extreme prematurity, birth asphyxia, etc.), motor delays, language delays, global developmental delay, intellectual disabilities, and autism spectrum disorder. Many of the children 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.

Under direct supervision, the extern will conduct structured interviews of parents, administer standardized tests, such as the Bayley Scales of Infant Development 4<sup>th</sup> edition, Differential Ability Scales 2<sup>nd</sup> edition, and the Vineland Adaptive Behavior Scales, in addition to scoring and interpreting parent- and teacher-report measures. In addition, the extern will have the opportunity to observe administration of, learn to administer and score test items from the Autism Diagnostic Observation Schedule 2<sup>nd</sup> Edition and how to conduct comprehensive diagnostic interview. Trainees and their supervisors will integrate information from community resources, including schools and early intervention programs, and medical records, help formulate a therapeutic plan, provide parent feedback, and write the assessment report. The extern will also learn about strategies and interventions to help with common behavior and developmental challenges for this age range. The extern will have the opportunity to present their case as part of afternoon rounds. An opportunity to join inpatient consultations, as well as developmental rounds in the NICU and/or CICU/HKU, is also available.

**Qualifications:** Graduate-level coursework in child development and assessment is expected. Some assessment experience and strong writing skills are 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 Hospital – 111 Michigan Avenue, N.W., Suite 3800

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please email a current CV, a letter of interest, and two letters of recommendation to Cristiano Santostefano, Psy.D., [csantostef@childrensnational.org](mailto:csantostef@childrensnational.org)



## CLINICAL EXTERNSHIP IN PEDIATRIC MOOD /TRAUMA

**Description:** This externship is ideally suited for advanced practicum students seeking further training in outpatient psychology from childhood to adolescence. The extern will spend one day, each, per week providing outpatient services through the Mood/Trauma Disorders Program and one day at Children's National Trauma/Burn surgery program at Children's National Hospital (CNH), under the direct clinical supervision of Komal Sharma-Patel, PhD and Carrie Tully, PhD respectively.

The Mood Disorders Program at CNH provides outpatient services to children and adolescents with mood disorders (e.g. major depression, pediatric bipolar disorder, disruptive mood dysregulation disorder) and also to youth reporting trauma histories with PTSD symptomatology, and their families. Externs will gain experience in assessment and treatment of trauma using evidence-based treatment (Trauma-Focused CBT) models, and mood disorders through individual and family formats.

The psychology team in the Trauma/Burn Service at Children's National provides inpatient and outpatient consultation, evaluation, and treatment for youth and their families following injuries. The majority of patients will be seen through the Ambulatory Burn Clinic. There will be opportunities given for inpatient consult/liaison with children hospitalized for medical trauma. Externs will gain experience in assessment and treatment of pediatric medical traumatic stress within the context of injuries using evidence-based pediatric psychology techniques such as TF-CBT and ACT-based principles.

In addition to formal, in-person supervision, externs within the both Mood/Trauma and Trauma/Burn Program will also have the opportunity participate in case conferences with child psychiatrists, attend behavioral health grand rounds, and clinical seminars (depending on the day of the externship).

**Qualifications:** Applicants must be in at least the third year of a doctoral program, have completed formal coursework in child development and treatment, and have had prior practicum experience with conducting cognitive behavioral therapy, preferably with children and adolescents. Preference will be given to advanced doctoral students.

**Number of Positions Being Offered:** One extern will be recruited for this externship.

**Time Requirement:** 16 hours (2 days)/week. Monday, Wednesday and/or Fridays preferred. Services are provided in person at the Takoma Theater clinic and at downtown Children's National Hospital location. It is anticipated that this externship will run through June 2024.

**Location:** 1 - Children's National Hospital- Takoma Theater, 6833 4th St. NW, Washington, DC 20012; 2 - Children's National Hospital, 111 Michigan Avenue, NW, Washington, DC 20010 (both locations metro accessible)

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Send a letter of interest; CV/resume, and two letters of recommendation via email.

**Komal Sharma-Patel, Ph.D**  
Licensed Clinical Psychologist  
Children's National Hospital  
[ksharmapat@childrensnational.org](mailto:ksharmapat@childrensnational.org)

**Carrie Tully, PhD**  
Licensed Clinical Psychologist  
Children's National Hospital  
[ctully1@childrensnational.org](mailto:ctully1@childrensnational.org)

## WHOLE BEAR CARE: PRIMARY CARE BEHAVIORAL HEALTH SERVICES

**Description:** This externship opportunity involves providing behavioral health services to children, adolescents, young adults, and families receiving services at community-based primary care clinics through Whole Bear Care (WBC): Primary Care Behavioral Health. Currently, WBC embeds psychologists alongside pediatricians and clinical staff within several community primary care clinics across the District of Columbia. As such, psychologists ensure timely identification of mental health problems within one trusted setting. Psychologists are co-located in these integrated care clinics and work with patients exhibiting a range of externalizing and internalizing disorders. Psychologists prioritize multidisciplinary communication and collaboration with multi-disciplinary care teams as well as other key professionals internal and external to Children's National (social workers, psychiatrists, medical specialists, school staff, community-based therapists).

The psychology externship with Whole Bear Care offers the opportunity to engage in the following experiences. We will work with externs to tailor the experience to their interests:

**Consultation within primary care:** The extern's primary role is to provide consultation to patients and their primary care providers around a range of mental health issues. The extern will work closely with both the family and primary care provider during the triage and consultation process to ensure that issues are adequately addressed either within primary care or within the community.

**Therapy within primary care:** The extern will carry an ongoing caseload of 2-4 short- to medium-term therapy cases seen within the primary care clinic. Types of cases can be tailored to the extern's interests. Some previous interests have included parent training, ADHD, anxiety and mood treatment, sleep interventions, and medication adherence.

Opportunities for bilingual (Spanish and English) applicants to complete their externship through our Latinx serving, bilingual clinic exist. Supervision with a bilingual, bicultural psychologist is a part of this experience. All Whole Bear Care externs are also given the opportunity to participate in a bi-monthly didactic series and a 9-week racial equity training.

### **Required extern experiences include:**

1. Outpatient behavioral health consultation with children, adolescent, young adults, and families regarding general mental health concerns. Consultation includes assessment of presenting issue, referral to appropriate mental health services, and in-session intervention as warranted.
2. Outpatient behavioral health consultation with primary care teams regarding general mental health concerns and developmental concerns about patients.
3. Outpatient therapy with children, adolescent, young adults, and families regarding general mental health concerns.
4. Timely documentation of service provision in electronic medical record.

**Qualifications:** This is a *fast-paced* externship requiring previous direct clinical experience with children and adolescents. Preference will be given to advanced doctoral students (3<sup>rd</sup> yr or higher) with a strong knowledge of psychopathology and appropriate interventions. Trainees interested in providing services in Spanish should be prepared to discuss their level of fluency with psychologist at interview.

**Time Requirements:** 16 hours/week from September to May (earlier start date negotiable). Preferably, the candidate would be available for orientation and training during August. Specific days on-site to be coordinated with supervising psychologist but clinical days are available Monday-Thursday.

**Number of Positions Being Offered:** 2-4 externs will be recruited for this externship.

**Locations:** 1) Children’s National at Shaw Metro, 614 S Street NW, Washington, DC  
2) Children’s National at Shepherd Park, 7125 13th Place NW, Washington, DC  
3) Children’s National at THEARC, 1801 Mississippi Ave SE Washington, DC  
4) Children’s National at Columbia Heights, 3336 14<sup>th</sup> St, NW Washington, DC

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please email a letter of interest, curriculum vitae, at least two letters of reference to:  
Avanté Smack, Ph.D., Psychologist, Whole Bear Care: Primary Care Behavioral Health Services  
E-mail: [asmack@childrensnational.org](mailto:asmack@childrensnational.org)

## CHILD INPATIENT PSYCHIATRY EXTERNSHIP

**Description:** The Inpatient Psychiatry Externship is ideally suited for a trainee who enjoys working in a fast-paced, multidisciplinary team environment with youth with emotional and behavioral dysregulation. This externship opportunity involves providing therapeutic services to children and early adolescents (14 and under) while they are on a short-stay inpatient Child Psychiatric Unit (CPU). The CPU is a 12-bed unit for children who have been deemed a danger to themselves or others. Externs will also have an opportunity to work with patients on our Adolescent Psychiatric Unit (APU) who are 13 through 17. Patients generally have a history of self-injury, suicidal behavior, severe aggression, psychosis, or difficulties with emotional and behavioral dysregulation. Externs will have the opportunity to work with a wide variety of patients with complex presentations. The average length of stay for patients is between 5-7 days. The extern will collaborate with a dynamic multi-disciplinary team with psychiatry, medical trainees, child psychiatric specialists, child life, nursing, expressive therapy, and social work. Dialectical Behavior Therapy and Cognitive Behavioral Therapy techniques are generally utilized to achieve stabilization and create safety plans. The extern will be directly supervised by the attending psychologist, Deborah Zlotnik, Ph.D. and postdoctoral fellow, and will also work closely with the attending psychiatrist. The psychology externship with inpatient psychiatry offers the opportunity to engage in the following experiences:

- Carry a caseload of two patients. The extern will be responsible for conducting diagnostic interviews, short-term individual therapy, creating behavior plans, crisis management, safety planning, and coordinating with our case management team. The extern will also have the experience of attending and participate in family meetings.
- The extern will attend patient rounds and have the opportunity to participate in the therapeutic milieu.
- The extern will lead or co-lead 2 groups teaching cognitive behavior therapy (CBT), Dialectical Behavior Therapy (DBT), and social skills.
- The extern will have 2 hours of supervision.
- The extern will have an opportunity to learn DBT techniques.

**Qualifications:** This is a *fast-paced* externship requiring previous direct clinical experience with children and adolescents. Preference will be given to advanced doctoral students (3<sup>rd</sup> year or higher) with a strong knowledge of psychopathology and appropriate interventions. An ideal applicant will have familiarity with CBT and DBT skills.

**Time Requirements:** 16 hours/week from July to June, start date flexible. Specific days on-site to be coordinated with supervising psychologist.

**Number of Positions Being Offered:** 1 extern will be recruited for this externship.

**Locations:** Children's National Hospital – Main Hospital, 111 Michigan Avenue, N.W., Washington, D.C.

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure); 2) Please email a letter of interest, curriculum vitae, at least two letters of reference to:

**Deborah Zlotnik, Ph.D.,**

Licensed Faculty Psychologist, Inpatient Psychiatry

E-mail: [Dzlotnik@childrensnational.org](mailto:Dzlotnik@childrensnational.org)

**CLINICAL EXTERNSHIP IN PEDIATRIC PSYCHOLOGY-  
SELECTED MEDICAL SUBSPECIALTIES  
2023-2024**

**Description:** This externship is ideally suited for advanced practicum students seeking further training in pediatric psychology within medical subspecialty clinics. The extern can rotate through three service programs, including the pediatric dermatology clinic, colorectal and pelvic reconstruction program, and complex care in primary care program. This externship has opportunities in a variety of clinics to provide trainees with a breadth of experiences in multidisciplinary clinics including medical team consultation, psychosocial assessments, short-term therapy, and outpatient therapy for youth/caregivers with chronic medical conditions. As such the extern will be exposed to diverse team-based models of care in hospital settings. All rotations include collaboration with physicians, nursing team, social work, and other allied team members. Each rotation emphasizes increasing access to culturally responsive care and addressing health equity in medical settings. All rotations offer unique opportunities for program development. The extern will work under the direct clinical supervision of Julie Heier, PhD.

Potential experiences are as follows:

**A. Pediatric Dermatology** (Thursdays tentatively) At the main hospital externs will provide psychological services to a diverse population of children and adolescents diagnosed with a breadth of skin and related conditions including acne vulgaris, atopic dermatitis, alopecia areata, psoriasis, vulvar dermatitis, and hidradenitis suppurative. Many youths live throughout the DC, MD, and VA area. This clinic provides care for youth who hold marginalized identities and over 50% are Spanish speaking families. The extern will provide screening for comorbid mental health conditions, psychosocial assessments using the biopsychosocial model framework, procedural support and needle phobia intervention, and short-term intervention. This clinic provides short-term treatment for a large variety of presenting concerns including depression and anxiety related to skin disease, coping with chronic illness, treatment adherence, skin picking using habit reversal therapy, and sleep interventions. Some opportunities for telehealth and group interventions may be available. Cognitive-behavioral therapy, behavioral health psychology, acceptance and commitment therapy, and interpersonal frameworks utilized.

**B. Colorectal and Pelvic Reconstruction Clinic:** (Tuesdays) This clinic provides consultation/liaison and short-term therapy for youth diagnosed with Hirschsprung Disease, anorectal malformations, and idiopathic constipation that greatly interfere with quality of life. At the main hospital the psychologist is part of a collaborative team comprised of colorectal surgery, gastroenterology, urology, gynecology, nursing, child life, and social work. The extern will be part of the multidisciplinary clinic day providing brief psychosocial screening for families traveling to clinic from across the world before they undergo colorectal surgery or procedural testing. The psychologist also supports families adjust to post-surgery care and identifying psychological factors that are contributing urinary and bowel incontinence. Families identified in the multidisciplinary clinic who would benefit from additional support are seen as outpatient therapy patients. Opportunities in program for parent support and youth groups may also be available. Extern will also attend team meetings and division-wide educational seminars.

**C. Colorectal Bowel Management:** (Day of week varies) This clinic provides consultation/liaison for youth who attend bowel management bootcamp following their colorectal surgery. Provides consultation in conjunction with their medical appointment to identify and provide recommendations for psychosocial, family, and behavioral factors barriers to bowel continence. Common presenting concerns including adjusting to taking

new medications or enemas, anxiety/behavioral resistance related to colorectal home care plan, and treatment adherence.

**D. Complex Care Program:** (Mondays tentatively) The Complex Care Program at Children’s National is located within Primary Care at our Shepherd Park location in Washington DC. Youth in the Complex Care Program have multifaceted, systemic, medical problems and are followed by three or more medical subspecialties (e.g., neurology, cardiology, endocrinology, gastroenterology). Patients in the complex care program have frequent or prolonged hospitalizations and use mechanical devices to treat their conditions. Our team strives to optimize quality of life and the patient experience by providing continuity, coordination, and consistency of care for patients and families. This clinic provides both same-day visits with families when they attend their medical appointment, targeted co-located psychosocial assessments from medical provider referrals, and short-term therapy. Primary presenting concerns include caregiver interventions, behavior and sleep challenges secondary to developmental delays and genetic conditions, transition for youth with disabilities and neurological conditions, school advocacy, and social determinants of health. This program works collaboratively with medical attendings, advanced practice nurses, and case management.

**Qualifications:** Applicants must be in at least the third year of a program and have prior practicum experience with child and adolescent therapy or health psychology with adults. Preference will be given to advanced doctoral students.

**Number of Positions Being Offered:** 1-2 will be recruited for this externship.

**Time Requirement:** ~16 hours/week. There is flexibility regarding telehealth versus in-person services for outpatient therapy. There is flexibility for days of week and do not let your availability preclude you from applying. Clinic hours are 8am-5pm

**Locations:** Children's National Hospital (*Main hospital:* 111 Michigan Ave, NW, Washington, DC 20010; *Shepherd Park:* 7125 13th Place NW Washington, DC 20012).

**To Apply:** 1) Complete the survey; <https://redcap.link/CNHExternApp2023> (see page 2 of this application brochure (see page 2 of this application brochure)); 2) Please send a letter of interest, CV/resume, and two letters of recommendation via email to Julie Heier, PhD; Licensed Psychologist; [jheier@childrensnational.org](mailto:jheier@childrensnational.org)