



CENTER *for* ANXIETY
Treatment that Works

**Combined Doctoral Internship/Postdoctoral Fellowship
Psychology Training Program
2019-2021**

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About the Center for Anxiety

The Center for Anxiety is an independent outpatient clinic dedicated to providing comprehensive care of the highest quality to children, adults, families, and communities across New York. Our mission is to help our patients achieve their goals and lead healthy, meaningful, and fulfilling lives, through combining evidence-based clinical practice, research and education. The Center for Anxiety has three clinics, located in Manhattan, Brooklyn, and Rockland County, each of which provides a diverse range of specialized outpatient mental health services as well as community-based activities. We work with children, adolescents, adults, and families presenting with a wide variety of psychological and behavioral concerns ranging from mildly distressing to severely impairing. Our collaborative clinical team, comprised of licensed professionals and highly skilled trainees, ensures that each patient receives comprehensive care consistent with the most up-to-date empirical research. Across all our activities, a high priority is placed on tailoring treatment to account for the unique social, economic, cultural and spiritual/religious needs of each patient.

For the 2019-2020 internship year, we have two positions available in our Brooklyn office.

Overview of the Training Program

The Center for Anxiety offers a two-year combined training opportunity in psychology consisting of a one-year doctoral internship followed by an optional one-year postdoctoral fellowship. We provide clinical interns and postdoctoral fellows with a wide range of outpatient experiences that offer both breadth and depth in evidence-based clinical practice. The Center for Anxiety's two-year combined training program was specifically designed to provide doctoral students in psychology the necessary support and experience to *fully* navigate the transition from graduate student to independent psychologist. Upon successful completion of internship, trainees are guaranteed a second year of training at the postdoctoral level. While students are strongly encouraged to complete both years of the training program at the Center for Anxiety, trainees do have the option of completing their postdoctoral training elsewhere. This unique program structure accounts for the inherent complexities and challenges faced by psychologists-in-training. By eliminating the added stress of having to navigate the process of applying for and transition to two different training positions in as many years, our students are free to fully dedicate themselves to their clinical training and professional development during this critical transition period.

Clinical Training

Trainees are expected to be on site 40 hours per week, including two evenings, for a total of five out of six possible work-days (Sunday to Friday). Under special circumstances, applications for part-time positions (minimum 20 hours/week) will be considered. Trainees can expect to provide patient care for approximately half (40-60%) of their total time each week, e.g., 20 hrs per week for full time. During each year of the program, full time trainees' schedules allow them to accrue more than the minimum total of 1750 supervised clinical hours, consistent with New York State licensure requirements.

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Interns and postdoctoral fellows see a mix of child, adolescent, and adult patients in our standard outpatient and intensive outpatient (IOP) programs. Additionally, all trainees have the opportunity to select up to one major and one minor 12-month rotation in four possible areas of specialization, described below. As well, additional opportunities for specialized clinical training are available to interns and postdoctoral fellows on a shorter-term and less-intensive basis. During the internship training year, there is more of an emphasis on gaining experience with a broad range of activities associated with more general clinical competencies, while the postdoctoral year provides student with increased opportunity to focus on specialized clinical training their chosen area of interest. As students' progress through their internship and postdoctoral training, they are gradually afforded increased flexibility and autonomy to tailor their individual training programs according to their training needs and interests. Interns and postdoctoral fellows receive two hours of individual supervision (minimum), two hours of didactic training (minimum), and an additional 2-3 hours of supervision/training in the form of weekly grand rounds, group supervision, peer consultation, and/or didactic training.

Core Service Requirements

Interns and postdoctoral fellows are expected to spend 40-60% their time engaged in the provision of direct outpatient services to children, adolescents, and adults. This will often include a mix of activities including intake and diagnostic assessment, individual therapy, co-leading DBT skills groups, co-leading OCD support groups, family consultation or adjunctive parenting work, and intensive outpatient services delivered in conjunction with a larger multidisciplinary team. All clinical services provided in the context of training opportunities, including those related to the trainee's chosen area of specialization or any smaller specialized clinical rotations, count towards fulfilling this core requirement. Trainees thereby have substantial exposure to an array of cases, while learning to develop treatment formulations, building skills in comprehensive case conceptualizations, selecting and implementing appropriate evidence-based interventions, and collaborating with other clinicians as part of a treatment team. Additionally, within our IOP program, trainees gradually learn to plan and implement comprehensive interventions for individuals with acute and comorbid symptoms beginning with the initial evaluation, continuing through each stage of intensive treatment, and often transitioning thereafter into standard outpatient therapy until the point of termination. In the course of providing this broad range of services, students also gain experience working closely with outside providers (e.g., referring therapists, psychopharmacologists) and thereby to coordinate care and provide consultation.

Another feature of our program is that unlike many New York area private practice settings, our office staff manages all billing and administrative aspects of patient care in order that clinicians can focus on the provision of high-quality clinical services. Additionally, all patient files, clinical documentation, and scheduling are done electronically with user-friendly software to reduce clinician burden in accessing relevant information and documenting interventions used with patients. Trainees also have full use of the Center for Anxiety's libraries including print and digital versions of any training manuals, textbooks, research articles, research journals, many psychology texts and reference

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materials. Interns and postdocs will also have access to our extensive audio/visual library of psychology training materials as well full use of any audio and/or video recording equipment.

Specializations

A highlight of our program is the chance for students to participate in one major and one minor 12-month specialization during each year of training. While the major areas of specialization remain the same for interns and postdocs, interns spend a smaller proportion of their time each week engaged in specialized training activities. Additionally, interns spend more time engaged in specialized clinical activities that involve a higher degree of structure and proceed according to planned training curriculum whereas postdocs have more flexibility with regard to the design and execution of their specialized training plan. Typical training activities for interns within their chosen area of specialization might include assessment activities, adjunctive parenting work to provide psychoeducation or to help parents develop specific skills that will help to support their child's therapy, co-leading a DBT skills group, adjunctive individual therapy focusing on exposure practice with IOP patients, etc. Examples of typical activities for postdocs include providing a full course of individual therapy for IOP cases including assessment, treatment planning, and ongoing intervention; working as part of a larger multidisciplinary team to provide comprehensive DBT treatment for more complex cases by conducting individual DBT therapy, and providing individual phone coaching; etc. The opportunity to develop competency in up to two different areas of specialization provides trainees unique advantage as they enter into their independent professional psychology careers. Possible areas of specialization include:

Dialectical Behavior Therapy (DBT)

Trainees choosing this specialization will participate in the Center for Anxiety's full-service DBT program and receive training and supervision in a number of related areas. Trainees will provide individual DBT to adults and adolescents, deliver between-session behavioral coaching to help facilitate implementation of therapy skills, co-lead a weekly DBT skills group, provide family consultation and intervention, and participate in our weekly DBT consultation team meetings. In addition, DBT clinicians often provide IOP services to patients, and may serve case management roles by assisting with treatment planning and coordination both within and outside of our program.

Child and Family Therapy

This specialization offers concentrated opportunities for training and clinical practice in evidence-based treatments of children ages 2-17 and their families. Trainees have opportunities to receive specialized supervision and didactic training in Parent-Child Interaction Therapy (PCIT), PCIT-CALM, Parent Management Training (PMT), and/or other evidence-based treatments for childhood disorders and concerns. In addition to these roles, interns and postdoctoral fellows who specialize in child and family therapy may have opportunities to collaborate with local areas schools and community institutions to develop educational programs, develop and lead therapeutic groups for parents and/or children, and participate in ongoing local outreach efforts.

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Adult Anxiety and Mood Disorders

Clinical training in this area emphasizes evidence-based practice with patients 18 and older presenting with a prominent symptoms of anxiety and/or depression and varying degrees of associated distress and impairment. Trainees will gain experience with additional methods of psychological assessment specific to this population, refine their skills in evidence-based case conceptualization, and gain expertise in a number of evidence-based treatments for adulthood anxiety and mood disorders. As trainees develop specialized experience in this area, they are able to take on more complex cases and/or patients with comorbid diagnoses in order to practice flexibly adaptive assessment and intervention methods to meet the unique demands of the case.

Research

The Center for Anxiety collects ongoing outcome monitoring data directly from patients via computerized self-report measures administered at each session. Clinicians use specialized software to track patient progress in real time beginning with the initial intake session and continuing throughout the course of treatment until termination. This approach serves a key clinical function for our program, not only by enabling clinicians to monitor their patient's therapy progress, but also by collecting data that helps to improve our understanding of mental health and the effectiveness of our interventions. Ongoing research projects within our program include examining predictors and moderators of treatment outcomes in a naturalistic setting, and identifying transdiagnostic vulnerability factors for the onset and maintenance of a broad range of symptoms. In addition, our program is constantly striving to improve patient care by modifying and/or innovating treatment protocols and clinical interventions, based on our research findings. Trainees who choose to pursue the research specialization are provided with up to one day per week of protected time to focus on one or more projects, under mentorship, leading to peer-reviewed presentation and/or publication of findings.

Additional Specializations

Additional specialization opportunities are available to interns and postdoctoral fellows in a number of different areas. These include (but are not limited to): Spirituality-integrated psychotherapy, treatment of eating disorders, marital and family therapy, cognitive-behavioral therapy for psychosis, community-based emotional wellness and preventative mental health care, and mental health consultation in corporate environments. Postdoctoral fellows may also have opportunities to supervise junior clinicians (e.g., Masters-level or externship students), and specialize in program development by designing and implementing new clinical initiatives according to their individual interests, supervisor availability/expertise, and clinical demand. Past examples of innovative programs developed by our staff members include OCD support groups, social anxiety and social skills groups delivered in partnership with local area schools, and monthly seminars providing education and training to community members and/or professionals.

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Supervision & Didactic Training

Our training program provides a comprehensive approach to supervision and didactic training including instructional, interactive, reflective and evaluative aspects. These aspects are integrated in weekly individual supervision, interactive group supervision, high-quality didactic seminars, grand rounds, and specialized team meetings (i.e., Dialectical Behavior Therapy, Child and Family Therapy, Research). In addition, outside professional development is actively encouraged and partially funded to bolster further opportunities for continued clinical training and growth.

Individual Supervision

Interns receive at least two hours of individual supervision each week with a licensed psychologist. At any given point during the training year, interns can expect to receive regular supervision from at least two different supervising psychologists. Individual supervision focuses on a wide variety of topics including review of intake and diagnostic assessments, case conceptualization, evidence-based practice, utilization of outcome monitoring in treatment, issues pertaining to professional development, and review of intern documentation. Interns are encouraged to bring in audio and/or video recordings for review during individual supervision but not required to do so. All supervisors have extensive experience with empirically-supported methods of intervention and assessment as well as unique areas of expertise and specialization. As such, additional individual supervision may be provided to interns depending on their chosen area of elective training. Ad hoc and informal consultation is also provided to interns frequently insofar as interns and supervisors work in close proximity to one another and an open-door supervision policy is generally adapted by all supervising staff.

Case Conferences (Group Supervision)

Interns and postdoctoral fellows participate in program-wide weekly case conferences (1 hour/week) with all other Center for Anxiety trainees from our other two clinic locations. These meetings are led by two supervising psychologists on a rotating basis. Trainees learn to hone their case presentation skills, gain additional practice with case conceptualization and formulation, learn to develop focused clinical questions for group discussion, and refine their ability to provide succinct and targeted feedback. Trainees are strongly encouraged to provide audio and/or video recordings of psychotherapy sessions for review during case conference meetings in order to illustrate key issues and questions.

Didactic Seminars

Interns and postdoctoral fellows participate in weekly didactic seminars (1 hour/week), which are structured to provide trainees with a planned sequence of training experience to develop a range of competencies applicable to the clinical practice of psychology. Topic areas include intake and diagnostic assessment with children, adolescents, and adults; general competencies in evidence-based clinical intervention; specific competencies in evidence-based treatment specific disorders and for specific patient populations; professional ethics; cultural diversity; and many other

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issues pertaining to clinical practice and professional development. Seminars flexibly integrate Center for Anxiety’s program-specific procedures when relevant. Didactic seminars incorporate multiple approaches to learning including self-led (e.g., assigned readings), peer-processing, utilization of outside supplemental resources (e.g., audio/video recordings), role-plays, live or recorded demonstrations, and experiential learning activities. All seminars conclude with clear implications for clinical practice and implementation in order to distill theoretical and empirical points into practical recommendations and guidelines for trainees to use in day-to-day clinical care.

Clinical Grand Rounds

Attendance at weekly grand rounds is required for all trainees. These clinic-wide meetings are led by supervising psychologists and include all clinical and non-clinical Center for Anxiety staff. Grand rounds are an opportunity to review new intakes, address issues of differential diagnosis and confer diagnoses, present initial case formulations, discuss tentative treatment plans, and assign new cases to members of the clinical team. Interns and postdoctoral fellows play a key role in these meetings by presenting cases and receiving feedback about their diagnostic impressions, case formulations, and clinical recommendations. Additionally, grand rounds provide trainees with the opportunity to collaborate with senior clinical staff on complex cases in order to develop and implement treatment plans and interventions in which multiple clinicians are involved in delivering comprehensive care to patients and, oftentimes, their families.

Specialization Team Meetings

Our four specialization tracks (i.e., Dialectical Behavior Therapy, Child and Family Therapy, Adult Mood and Anxiety Disorders, Research) each convene meetings on a weekly. Meetings are led by supervising psychologists and provide team members with opportunities for consultation, guidance, and clinical collaboration.

Outside Professional Development

As part of our commitment to professional development, members of the Center for Anxiety’s clinical team are encouraged to take advantage of outside opportunities for education and training. To this extent, all clinical staff, including interns and postdocs, are provided with paid time off for professional development as well as individually allocated professional development funds in order to pursue activities such as attending conferences, participating in workshops, taking part in other types of training/educational programs, etc.

Supervising Faculty

Our faculty is exceptionally trained in the application of cognitive-behavioral and other evidence-based treatments for an array of presenting problems. In order to provide exposure to multiple perspectives, trainees typically change individual supervisors every six months throughout the two-year program. In addition, trainees have exposure to the entire faculty through didactic seminars, clinical rounds, and ad hoc consultation.

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Becca Brodoff, PsyD (Brooklyn Office) is a clinical psychologist at the Center for Anxiety. She received her masters and doctoral degrees in clinical psychology with a specialization in school psychology from Widener University. Dr. Brodoff has extensive experience providing outpatient psychotherapy to children, adolescents and adults, and has also received specialized training in both Dialectical Behavior Therapy (DBT) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). She is passionate about helping individuals across the lifespan who are struggling with anxiety, depression, obsessive-compulsive spectrum disorders, posttraumatic stress, and other concerns. As a clinician, Dr. Brodoff builds trusting relationships with her patients to instill hope and facilitate mastery of evidence-based psychotherapy skills.

Ariel Campbell, PsyD (Manhattan & Brooklyn Offices) is a supervising psychologist at the Center for Anxiety. She received her doctorate in clinical psychology from Ferkauf Graduate School of Psychology, Yeshiva University. Dr. Campbell specializes in Cognitive-Behavioral Therapy (CBT) for children and adults with anxiety disorders, OCD, mood disorders, eating disorders, ADHD, and behavioral difficulties. In her clinical work, Dr. Campbell flexibly integrates strategies from compatible therapeutic approaches in order to deliver effective and personalized evidence-based treatment.

Perella Perlstein, PsyD (Brooklyn Office) is a supervising clinical psychologist at the Center for Anxiety. She received her doctorate in clinical and school psychology from Hofstra University, and has completed advanced training in Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Structural Family Therapy. Dr. Perlstein specializes in the treatment of adolescents and adults experiencing pervasive emotional and behavioral dysregulation as well as non-suicidal self-injury, as well as the gamut of anxiety disorders, obsessive-compulsive disorder, depression, and other concerns. She also helps couples and families relate more effectively to one another, adopt a systems-based (rather than individual) perspective, and replace maladaptive behavior patterns with skills and solutions. Dr. Perlstein is also an Assistant Professor at Lander College for Women, and an accomplished academician and sought-after lecturer.

David H. Rosmarin, PhD, ABPP is an Assistant Professor in the Department of Psychiatry at Harvard Medical School, and Founder/Director of the Center for Anxiety. He is a board certified psychologist, clinical innovator, and prolific researcher who has authored over 50 peer-reviewed publications and 100 abstracts focused on spirituality and mental health. Clinically, Dr. Rosmarin provides Behavior Therapy for patients presenting with anxiety, affective, psychotic, personality, and somatoform disorders, while attending to relevant spiritual factors in treatment. Dr. Rosmarin's work has received media attention from ABC, NPR, Scientific American, the Boston Globe and the New York Times.

Yoni Sobin, PsyD (Brooklyn Office) is a clinical psychologist at the Center for Anxiety. He received his doctorate in clinical psychology from the Ferkauf Graduate School of Psychology at Yeshiva University. He specializes in treating adults struggling with anxiety disorders, ADHD, PTSD, depression, and related concerns. Dr. Sobin is a creative

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thinker, who customizes evidence-based treatment plans to his patients by incorporating music and popular media into treatment.

Laura Vraney, PsyD (Rockland Office) is a supervising clinical psychologist at the Center for Anxiety. She completed her doctorate in clinical psychology at Illinois School of Professional Psychology, and a postdoctoral fellowship at McLean Hospital/Harvard Medical School. Dr. Vraney specializes in the treatment of eating and feeding disorders among adolescents and young adults. Additional areas of expertise include Post-Traumatic Stress Disorder (PTSD), anxiety disorders, depression, substance use, and providing psychoeducation to members of the United States military and their family. Dr. Vraney is warm and approachable, and she takes a collaborative, strength-based and holistic approach as the foundation of her work, informed by a variety of evidence-based approaches including Cognitive and Dialectical Behavioral Therapies, Acceptance and Commitment Therapy, and Motivational Interviewing.

Application Requirements & Procedures

Eligible applicants must be doctoral students currently enrolled in their 4th year (at minimum) of a graduate program in clinical, school, counseling, or combined psychology. Candidates from APA- or CPA-Accredited programs are strongly preferred. While we do not require a minimum number of contact hours, applicants must have completed at least two years of supervised externship/practicum experience at the time of application. Students interested in our site's research specialization should be able to demonstrate a record of academic productivity including presentations at national scientific meetings and/or journal publication. Prior to the start of internship, applicants are required to have completed all required academic coursework, passed all Comprehensive Exams, and have an approved dissertation proposal.

Qualified applicants should submit the following materials via the AAPI Online:

1. Completed AAPI application
2. CV
3. Cover Letter
4. 3 letters of recommendation
5. Official graduate school transcript

The Center for Anxiety's Program Code Number is 247111. No supplemental materials are required. Applicants are required to submit all application materials via the AAPI Online Applicant Portal. Detailed information about the AAPI Online, including instructions for how to use the Applicant Portal, are available on APPIC's website at <https://www.appic.org>.

The Center for Anxiety will be accepting internship applications until January 18, 2019. All applications are reviewed and rated by the training director and at least 1-2 other members of our training staff to identify appropriate applicants. Interview offers are decided based upon subsequent review of each candidate's application materials by all staff

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members involved in the internship selection process and discussion of each applicant's qualifications. Interviews will be conducted on a rolling basis beginning in mid-December and continuing through January. All applicants will be informed of their interview status no later than January 25, 2019. Interviews are held on-site or remotely, according to applicant preference and interviewer availability. Each applicant will be interviewed individually by our training director and one senior supervising psychologist. Additionally, applicants will have the opportunity to meet with current trainees and, depending on their areas of interest, may also be given the option to speak with another member of our training staff. These meetings are not considered part of the interview process and are conducted on a purely informal and optional basis as a way for applicants to gather additional information about our training program in order to determine goodness of fit.

All interns who match with the Center for Anxiety must be able to provide current and sufficient documentation demonstrating proof of either U.S. citizenship or legal residency prior to the start of internship.

The internship program at the Center for Anxiety is not APA-accredited and we are not presently a member of APPIC. However, we adhere to all APPIC Match policies and follow all APPIC guidelines pertaining to internship applications, offers, and acceptances. The Center for Anxiety maintains a policy of equal opportunity and affirmative action. Decisions regarding recruitment, compensation, benefits, training, promotions and terminations are all merit-based and conducted without consideration for race, religion, creed, color, national origin, age, gender, sexual orientation, gender identity, marital status, disability, veteran status, or any other basis protected by applicable federal state or local law.

Stipend/Benefits

Trainees will be paid a competitive stipend based on similar internship programs within the New York metro area. Interns receive an annual stipend of \$32,000 per year and postdoctoral fellows receive an annual stipend of \$42,000 per year. All trainees have full access to our employee benefits package, which includes employer-negotiated rates on medical insurance, funding for professional development (\$750 for interns, \$1,000 for postdoctoral fellows), comprehensive and fully paid malpractice insurance, partial reimbursement for employee fitness and cell phones, and paid parental leave. Interns and postdocs will be provided with up to 25 days of Paid Time Off (PTO) to be used accordingly; 10 vacation days, 5 sick days/holidays, and 10 designated professional development days. Interns may use their professional development time for dissertation-related activities.

Any questions about our application and selection process, as well as general inquiries about our training program, should be directed to the Training Director, Dr. Ariel Campbell, at acampbell@centerforanxiety.org.