INTRODUCTION

The Psychology Department of Greystone Park Psychiatric Hospital (GPPH) offers a one-year, APA-accredited, full-time internship in Clinical Psychology.

GPPH is an independent internship site under the umbrella of the New Jersey Department of Human Services in cooperation with the Education and Training Center (hereafter referred to as Central Office).

GPPH is a state inpatient facility accredited by the Joint Commission on the Accreditation of Hospitals. It is located in Morris Plains, New Jersey approximately 30 miles west of New York City. It can be easily reached from route 80 or route 287. GPPH provides inpatient psychiatric services to residents of Bergen, Essex, Hudson, Morris, Passaic, Sussex, and Warren counties. Patients 18 years of age and older, from diverse cultural and socioeconomic backgrounds are provided mental health services designed to mitigate debilitating symptomatology, enhance level of adaptive functioning, and facilitate successful reintegration into the community.

GPPH celebrates cultural and religious diversity in both our patient and staff populations. We have approximately 54 countries represented in our facility, with more than 30 languages other than English spoken in the home. In addition, there are more than 18 religious affiliations recognized throughout the hospital.

The hospital’s psychology department is comprised of 22 psychologists, 20 of whom are at the doctorate level with 16 of those having licenses, and 4 others actively working towards licensure. They represent varying theoretical orientations and provide diversity in supervisory styles and professional role models.

ACCREDITATION INFORMATION

The GPPH Psychology Internship Program has been accredited by the American Psychological Association (APA). Additional information about the accreditation process may be obtained from the APA’s Commission on Accreditation by calling 202-336-5500, logging on to www.apa.org, or by writing to: 750 First Street, NE Washington, DC 20002-4242.

This internship is listed with and follows the guidelines of the Association of Psychology Postdoctoral and Internship Centers (APPIC). Additional information about APPIC and internship applications may be obtained from APPIC by calling 202-589-0600, logging on to www.appic.org, or by writing to: 10 G St, NE Washington, DC 20002.

The GPPH Psychology Internship Program complies with New Jersey law prohibiting employment discrimination based on an individual’s race, creed, color, national origin, nationality, ancestry, age,
sex (including pregnancy), familial status, marital/civil union status, religion, domestic partnership status, affectional or sexual orientation, gender identity and expression, atypical hereditary cellular or blood trait, genetic information, liability for military service, and mental or physical disability (including perceived disability, and AIDS and HIV status).

**PHILOSOPHY AND GOALS**

The philosophy of our internship program is that learning takes place best in an environment that provides support and encouragement. We strive to offer a challenging and educative experience with training opportunities tailored to the strengths, interests and needs of each individual intern.

A second guiding principle in our philosophy is interns will learn best with a balanced assignment of clinical experience and formal academic instruction. The program makes every attempt to ensure that interns are perceived as trainees and not auxiliary help for the department or hospital. The purpose and primary goal of the internship is to produce a skilled and competent psychotherapist and psycho-diagnostician capable of working with patients suffering from mild to severe psychopathology.

The program is designed to provide a broad-based exposure to as many different types of psychopathological problems and related treatment modalities as possible. Interns are expected to work with patients of all levels of functioning from diverse socioeconomic and educational backgrounds.

Finally, it is the aim of the training staff to integrate the applied clinical experience with a sound base of theoretical knowledge. To accomplish this, interns participate in two tracks of ongoing seminars: an in-house series of topics presented by the psychology staff and a seminar series offered by the Chief of Psychological Services out of Central Office.

The Training Program has five components: psychological assessment, psychotherapy, multidisciplinary team consultation, supervision, and educational experiences that are offered during three 4-month rotations.

**COMPONENTS OF THE TRAINING PROGRAM**

**Assessment**

During the year, interns gain or enhance competence in the administration, scoring and interpretation of traditional-projective and objective assessment instruments such as the: Rorschach, TAT, MMPI-2, PAI, House-Tree-Person Test, Bender-Gestalt Test, Sentence Completion Test, WAIS-IV, Beck Depression Scale, Beck Hopelessness Scale, Wechsler Memory Scale, Quick Test for IQ, and the Quick Test for Screening Neuropsychological deficits. Interns also have the opportunity to conduct formal risk assessments using the VRAG, SORAG, and PCL-R.
Most assessments are for the purpose of producing a full diagnostic work-up, though some may be geared at answering narrowly defined referral questions (i.e., neuropsychological deficits, dangerousness to self or others, etc.)

Interns meet with their diagnostic supervisor a minimum of one and a half hours per week and are expected to complete a minimum of two psychological assessments per rotation (6-8 per year). At the beginning of each four-month rotation, the diagnostic supervisor observes the intern administer a full battery and develops a comprehensive training plan designed to enhance their strengths and mitigate their weaknesses. Every effort is made to provide a wide range of patients with varying diagnoses and treatment issues. In addition to being taught how to select tests to answer referral questions, interns learn to use the diagnostic categories of the DSM-IV TR, develop clinical interviewing skills, and make specific, viable treatment recommendations.

Interns gain exposure to other assessment tools such as Neuropsychological Test Batteries, via colloquia held in Central Office.

**Psychotherapy**

The psychotherapy experience focuses on two major forms of treatment: individual psychotherapy and group therapy. Each intern is expected to carry a caseload of approximately 3-5 individual cases. The size of the caseload varies depending upon the strengths of the intern, the demand of each case, and the time constraints based on the remainder of the training plan. Cases are assigned by the psychologist on the ward to which the intern is assigned. The range of pathology that interns are exposed to is intentionally broad, offering them a unique diversity difficult to match in other settings. Cases chosen can range from patients diagnosed with acute and chronic schizophrenia and affective disorders to severe personality disorders, traumatic disorders, and addiction issues.

Individual psychotherapy supervision is provided for a minimum of one hour each week. The supervisors at Greystone Park Psychiatric Hospital have theoretical orientations that vary from Psychoanalytical and Psychodynamic to Cognitive/Cognitive-Behavioral.

Interns are also assigned to co-lead group therapy 2-3 times per week with their unit psychologist. These groups may be topic focused such as Anger Management or DBT, or more process oriented and interpersonal in their emphasis. Beginning in the second rotation, interns are encouraged to develop and conduct their own therapy group. There are opportunities for group therapy on both the intern’s assigned unit and in the hospital’s therapeutic program mall (J-Wing). The J-Wing offers group therapy to all patients in the hospital, which presents a unique training option for interns to work therapeutically with patients that are not housed on their assigned unit. Supervision for group therapy is provided weekly by the psychotherapy supervisor.
**Multidisciplinary Team Consultation**

The philosophy at GPPH for providing therapeutic services is that the most effective and efficient treatment can be delivered through a multi-disciplinary team approach. As part of its experiential base, the internship includes exposure to this approach by assigning each intern to a specific unit wherein they become members of that unit’s treatment team. The intern’s role is to function as a participant-observer; offering observations, clinical ideas, and possible treatment strategies to team members, while simultaneously observing how each clinical discipline collaborates to develop an individualized comprehensive treatment plan.

**Supervision**

Each intern is assigned a minimum of two primary supervisors during each rotation, one for psychological assessment and one for psychotherapy. The primary supervisors are required to be licensed psychologists. In addition, the interns meet regularly in group format with the Director of Internship Training to discuss cases and expand theoretical knowledge.

The primary supervisors at GPPH vary in their theoretical orientations and areas of interest. The department has staff with post-doctoral training in psychoanalytically oriented psychotherapy, certification in substance abuse, experience in developing token economy programs, multi-family support groups, cognitive therapy for psychosis, and program development for the hearing impaired. The supervisory staff have published a variety of articles over the years and have presented at major conferences in and out of the state.

Non-licensed staff may provide additional supervision if they have substantiated expertise in a particular area. All supervisors, regardless of licensing, must complete the year long Supervisory Seminar Series provided by Central Office.

**Seminar Series and Educational Programs**

The Psychology Internship Program offers a seminar series presented by the supervisory psychology staff and outside consultants. Intern attendance is mandatory while participation by other GPPH psychology staff is optional. The content of the seminars emphasizes clinical matters pertinent to the diagnosis, dynamics, and treatment of acute/chronic inpatient populations. The specific topics selected are decided upon through expressed interest and supervisory expertise. It is the intent of this seminar series to present topics as comprehensively as possible. To accomplish this, several of the programs are presented over a 3-5 session period.

The Central Office component of the program provides bimonthly seminars with well known clinicians presenting on a variety of topics. For half-day presentations, the interns use the remaining
time to present diagnostic and therapy cases to each other under the supervision of the Central Office.

Central Office also hosts a basic Rorschach Seminar led by Gene Nebel, Ph.D., a psychologist from GPPH, who teaches the Exner Comprehensive System. Following this morning seminar on the Rorschach, an afternoon series is held on cultural difference and its impact on therapy.

**Structure of the Training Year**

Interns are assigned to three 4-month rotations. Each intern spends one rotation on a general unit, and selects two other elective rotations in either admissions, discharge resistant, forensic, polydipsic, or deaf units, dependent on supervisor availability and specified training goals. Every effort is made to accommodate each intern’s training/rotation wishes.

As a member of the team, the intern may assist in designing and recording individual treatment plans, select patients for individual therapy, co-lead Life Management (therapeutic community) meetings and small group therapy, consult during safety management planning, and communicate with the families of patients in their assigned areas. Interns are also afforded the unique experience of working with team members and patients from varied ethnic backgrounds, and are encouraged to actively incorporate culturally sensitive interventions into treatment planning, which further enhances the richness of the training year.

The treatment unit descriptions are as follows:

The admissions unit serves those patients who were recently admitted and who continue to require the close supervision of a locked area. Some patients in the Admissions unit are transferred within the hospital for continued care, while others are discharged to the community. There are three treatment teams working on two admissions units.

The general units serve patients who are no longer in an acute state in terms of dangerousness, but who have shown minimal response to treatment and require long-term care. Most of these patients require significant dependence upon staff for managing their daily routine, and vary widely in terms of their symptom presentation.

Our forensic unit houses those patients who have legal classifications such as Not Guilty by Reason of Insanity, or have special designation because of demonstrated violence. These patients have committed a wide variety of offenses including petty theft, trespassing, simple or aggravated assault, weapons possession, sexual assault, and homicide, and have equally varied clinical diagnoses.
Our deaf unit is the only state-funded psychiatric inpatient unit for deaf and hearing impaired psychiatric patients. There are interpreters available for therapeutic communication as well as sign-language instructors.

Mountain Meadow Complex is an area of the hospital that most closely resembles semi-independent living. Patients live in self-contained “cottages” of eight where they learn the basic skills necessary for living semi-independently or independently in the community. They have full grounds privileges, attend programs on and off grounds, do their own cooking and cleaning, and focus particularly on work skills.

**REQUIREMENTS FOR SUCCESSFUL COMPLETION OF THE INTERNSHIP IN CLINICAL PSYCHOLOGY**

An intern will receive a certificate at the conclusion of the internship program upon satisfactory completion of the following requirements:

1. Completion of 1750 hours (full time for 12 months) during the training year.

2. Successful performance in therapeutic and diagnostic work as measured by three collaborative supervisor evaluations at the end of each rotation.

3. Satisfactory completion all written requirements, such as seminar presentations, monthly experience reports, placement evaluations, written case study, etc.

4. Successful completion of 6 to 8 psycho-diagnostic batteries.

5. Demonstrated clinical competence of both individual and group psychotherapy, as measured by supervisor evaluation of at least four (4) individual patients and at least two (2) psychotherapy groups.

6. Attendance at didactic programs at GPPH unless ill or excused by the Director of Internship Training.

7. Attendance at bimonthly colloquium and diagnostic/psychotherapy seminars held by the Central Office unless ill or excused by the Director of Internship Training.

The Training Committee has the final approval in the granting of certificates. Their decision is based upon evaluations from supervisors and the recommendation of the placement's Director of Internship Training.
COMPENSATION

The current annual stipend is $26,289. In addition to this stipend, each intern is granted paid vacation days, sick days, personal leave days and holidays. There are no medical benefits provided.

ADMISSION REQUIREMENTS

Pre-Doctoral Candidates

Graduation from an accredited college or university with a Bachelor's Degree, supplemented by a Master's Degree in psychology (or it’s equivalent) from an accredited college or university. Candidates must be enrolled in a doctoral program in applied psychology (clinical or counseling) at an accredited university or professional school, approved by their chairman for the internship, and have completed graduate course training that shall have included a minimum of six semester hours of credit in each of the following areas:

1. Objective and projective testing with practicum experience
2. Psychotherapeutic techniques with observed practicum experience
3. Personality development and psychotherapy
4. Motivation and learning theory
5. Research design and statistical analysis

Approximately 500 hours of practicum experience shall have been completed prior to the start of the internship. A portion of this completed practicum experience must have been either under the direct observation of a supervisor or under supervised video/audio tape review. Please note that we require a writing sample (test report preferred) which should be uploaded to the APPI Online.

Post-Doctoral Candidates Changing Specialties

Doctoral psychologists who are attempting to change their specialty to an applied area of psychology must be certified by a director of graduate professional training having participated in an organized program in which the equivalent of pre-internship preparation (didactic and field experience) has been acquired. (See pre-doctoral requirements for specific work and practicum experience).

For more information please contact:
Jennifer Romei, PhD
Director of Internship Training H-228
59 Koch Avenue
Morris Plains, NJ 07950

(973) 538-1800 Ext. 5041
Jennifer.Romei@dhs.state.nj.us (preferred)