



# Boston Child Study Center

*Expert Mental Health Treatment, Training & Research*

## ***Practicum/Externship Announcement***

The Boston Child Study Center (BCSC) is now accepting applications for practicum/externship placements for the 2023-2024 academic year. BCSC is an evidence-based treatment, training, and research center providing cutting edge mental health services to children, adolescents, young adults, and families from diverse backgrounds. Our clinicians specialize in the assessment and treatment of mood and anxiety disorders, obsessive-compulsive disorder, suicidal behavior, self-harm, trauma-related disorders, somatic complaints, school avoidance, disruptive behavior disorders, learning disabilities, and autism spectrum disorders. Through the BCSC Foundation, we are actively working to increase access to our services for marginalized and underserved populations.

BCSC will be accepting up to 4 externs for a minimum two-day, 16-hour placement beginning September 2023. Given the age of our patient population and the times when patients are most likely to be scheduled, we require a minimum commitment of two later afternoon/evening days each week with a strong preference for three later afternoons/evenings each week. Externs who are able to provide 16 hours each week will receive training in one major track only. For externs who can provide 20+ hours, they will receive training in one major track but will have the opportunity to get an “auditing” experience in another minor track. Auditing another track would allow an extern to sit in on relevant training as well as team and group supervision but would not guarantee any clinical hours or responsibilities within that minor track. Clinical responsibilities for auditing will vary depending on track and clinical experience. In addition, externs are expected to support intakes and co-lead one group based upon their track of interest. Externs are encouraged to attend our weekly seminar series and practice-wide rounds on Thursday afternoons.

Track options include: Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Dialectical Behavior Therapy (DBT) Trauma Program, Neuropsychological Assessment, Parent-Child Interaction Therapy (PCIT), Radically Open Dialectical Behavior Therapy (RO-DBT), Selective Mutism (SM), and evidence-based treatments for Tic, Trich, and OCD. Please see descriptions of training opportunities at the end of this announcement.

All externs will have the opportunity to conduct caregiver coaching and individual skills training. Externs also have opportunities to receive limited training or see an individual case in the modalities of Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), and Exposure and Response Prevention (ERP). BCSC uses a developmental training model in which an extern’s skills are assessed over the course of training, and externs are given clinical tasks consistent with their stage of development. As such, some externs may begin carrying individual cases from the beginning of training and others may begin by co-leading groups and providing track-specific direct clinical services within the intensive outpatient program. Some practicum experiences meet Advanced Practicum criteria for MA licensure. BCSC will discuss modifications to make others consistent with criteria upon request. Please note that different tracks have different times in which externs need to be available for team meetings.

**Application requirements:** Only advanced doctoral students will be considered (i.e., third year or higher). Applicants should list specifically their top choice tracks in their letter of interest. Interested candidates should forward a CV, a letter of interest specifying training rotation preference(s) that are numbered (e.g., first choice would be...), and one letter of reference to both our Director of Training, Beth Jerskey, Ph.D.,

at [bjerskey@bostonchildstudycenter.com](mailto:bjerskey@bostonchildstudycenter.com) and our Director of Academic Services, Chris Gathman, at [cgathman@bostonchildstudycenter.com](mailto:cgathman@bostonchildstudycenter.com) with the subject line: **BCSC Externship Application**. For individuals who are sending reference letters directly to BCSC, please ask that letter writers include the subject line: **BCSC Externship Application** and the last name of the applicant. Applicants are strongly encouraged to submit materials early (e.g., by mid-December), however, all applications must be submitted by **Monday, January 9, 2023** to be considered. Interviews will take place in January and early February and all interviews will be conducted via Zoom.

BCSC is passionate about building and sustaining an inclusive and equitable environment for all staff, clinicians, and externs. We believe every member of our team enriches our community and that the diversity of background, experience and perspective of our clinicians enhances the care we provide to families. We welcome any additional information you would like to share about yourself or your experiences that may not be reflected in your CV and cover letter. Providing this supplemental information is completely voluntary. All qualified applicants are encouraged to apply, especially applicants who identify as members of under-represented/rising groups.

### ***2023-2024 Training Program Descriptions***

#### **Acceptance and Commitment Therapy (ACT)**

This training experience will focus on the development and cultivation of externs' skills in conceptualization, treatment planning, and intervention within an acceptance and mindfulness-based framework. Drawing largely from ACT, and including elements of other empirically supported behavioral and mindfulness-based therapies (e.g., CBT, Mindfulness-based CBT, Behavioral Analysis, Self-Compassion interventions), externs and their supervisor(s) collaboratively outline a training plan to include these increasingly prominent, highly sought after, and flexible treatments in their clinical repertoire. ACT is adaptable to a wide range of clinical presentations – mood and anxiety disorders, substance use disorders, eating disorders, psychosis - and can lead to profound change in people's lives, which makes the process of learning and using this framework very engaging as a clinician. Additionally, ACT and these other interventions requires a real commitment on the part of the clinician to acknowledge, attend to, and utilize his/her/their own experiences both in and outside the therapy room in service of clinical care and personal development as a therapist. This track affords externs the opportunity to gain foundational knowledge in ACT and other mindfulness-based therapies. Flexibility is the key! ACT group supervision is on Wednesday mornings.

**Track Director: Ali Sagon, Ph.D.**

#### **Dialectical Behavior Therapy (DBT)**

The Dialectical Behavior Therapy (DBT) Program offers specialized training in providing DBT skills training groups, individual therapy with skills coaching, DBT-based caregiver coaching, and family therapy. Externs will have the opportunity to work directly with a diverse adolescent and young adult outpatient population who present with multiple emotion and behavior dysregulation problems, which may include suicidal behavior, non-suicidal self-injury, depression, anxiety, trauma-related disorders, substance abuse, disordered eating, and borderline personality disorder. Externs will also co-lead at least one DBT skills training group and/or an advanced skills consultation group. In addition to weekly supervision by expert DBT clinicians, externs will participate in a DBT consultation team with other DBT clinicians within BCSC. Externs will focus on developing specialized skills as evidence-based dialectical behavior therapists, with the knowledge and ability to treat patients with a wide variety of clinical diagnoses and challenges. Please note that DBT consultation team meets on either Tuesday afternoons or Thursday mornings depending on clinic location.

**Track Director: Lyndsey Moran, Ph.D.**

### Dialectical Behavior Therapy (DBT) Trauma Program

At BCSC we offer evidence-based trauma treatment for children, adolescents, young adults, and adults of diverse backgrounds. We recognize that trauma can take many forms. Our team has experience treating physical abuse, emotional abuse/ neglect, sexual abuse/ assault, exposure to domestic violence, intergenerational trauma, and racial trauma, as well as trauma-related issues among refugees, asylum seekers and immigrants. In assessment and treatment, we pay attention to the complex interplay between traumatic experiences, recovery, and cultural factors.

Our clinicians provide a number of evidence-based treatments designed to help individuals effectively reduce their symptoms of Post-Traumatic Stress Disorder (PTSD). In addition, we offer services for caregivers of individuals engaging in trauma treatment at BCSC.

Externs will have the opportunity to carry individual skills coaching cases, individual trauma cases, and co-facilitate trauma-focused groups. In addition to individual supervision, externs will attend a weekly trauma therapy peer supervision group that includes case consultation, process, and didactic components. Externs will receive training and supervision in the evidence-based trauma treatments that we provide at BCSC, which include: Dialectical Behavior Therapy (DBT) for PTSD (DBT-PTSD), DBT Prolonged Exposure Protocol (DBT-PE), Prolonged Exposure (PE), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Processing Therapy (CPT), and Problematic Sexual Behavior Cognitive Behavior Therapy (PSB-CBT). In addition to weekly supervision by expert DBT and DBT-PE clinicians, externs will participate in DBT (either Tuesday afternoons or Thursday mornings depending on clinic location) and Trauma Therapy Peer Supervision Group (Tuesday mornings) with other trained experts at BCSC.

**Track Director: Sarah Samuelson, Psy.D.**

### Neuropsychological Testing

#### **THIS TRACK REQUIRES PREVIOUS TRAINING IN ASSESSMENT**

Each extern will learn to administer, score, and interpret a wide range of neuropsychological instruments. Externs will gain specialized skills in understanding how emotional struggles and neurocognitive presentations affect each other and how neuropsychological assessment can be used to inform the execution of CBT, DBT, ACT, PCIT, and other evidence-based interventions. Specialized training in autism diagnostic assessments, including the Autism Diagnostic Observation Schedule, Second Edition (ADOS-2), is available for externs interested in gaining experience in Autism Spectrum Disorder (ASD). Externs will become fluent in testing protocols to differentiate skill and performance deficits and to differentiate neurocognitive and emotional outcomes of behavior. They will administer approximately two neuropsychological batteries per month and participate in intake and feedback meetings. Externs will also gain experience in report-writing and tailoring feedback to motivate access to treatment. Group supervision is on Wednesday mornings.

**Track Director: Amelia Rowley, Psy.D.**

### Parent-Child Interaction Therapy (PCIT)

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment for young children with externalizing behavior difficulties and their families. This rotation includes comprehensive training that aligns with PCIT International certification standards. The rotation includes a combination of didactic and clinical case training in addition to weekly individual and group supervision. Each extern will be the primary therapist with at least one PCIT training case within the clinic and serve as co-therapist on other clinic cases. In addition, the extern will see PCIT clients outside the clinic, as well as other young children (ages 11 and below) with disruptive behavior disorders and other childhood disorders requiring behavioral treatments. Each extern will participate in weekly rounds with the PCIT team and clinical supervisors. Research opportunities focused on community dissemination and/or implementation of PCIT with

specialized populations or settings (e.g., internet-based PCIT) may be available depending on an applicant's interests and career goals. Please note that intakes and PCIT weekly rounds occur on Tuesday mornings and early afternoon and externs need to be available on this day each week.

**Track Director: Joshua Masse, Ph.D.**

#### Radically Open Dialectical Behavior Therapy (RO-DBT)

Radically Open Dialectical Behavior Therapy (RO-DBT) is an evidence-based, transdiagnostic treatment for individuals with excessive self-control, or overcontrol. Individuals with overcontrol tend to avoid new situations, rigidly follow personal 'rules,' and have difficulty expressing or showing emotion; accordingly, RO-DBT focuses on evidence-based practices to build cognitive and behavioral flexibility, increase emotional expression, and build closeness in interpersonal relationships. As part of the RO-DBT training program, externs will receive intensive training in the principles of RO-DBT. Externs will have the opportunity to develop and apply their skills as RO-DBT clinicians by providing individual therapy and co-leading RO-DBT skills training groups for adolescents and young adults with overcontrol. In addition to receiving weekly individual supervision from an advanced RO-DBT clinician, externs will also participate in group supervision with RO-trained clinicians. This training track provides the opportunity to establish foundational knowledge of RO-DBT and gain experience providing evidence-based treatment for a wide range of clinical presentations, including chronic depression, Anorexia Nervosa, OCD, certain types of personality disorders, and excessive perfectionism. Please note that RO-DBT group supervision occurs on Wednesday afternoons and externs need to be available during this time each week.

**Track Director: Kathryn Roeder, Ph.D.**

#### Selective Mutism

Selective Mutism (SM) Assessment and Treatment Services externs begin by receiving specialized clinical training in the assessment and treatment of SM in both children and adolescents. BCSC provides evidence-based treatment approaches for SM, including Parent-Child Interaction Therapy for Selective Mutism (PCIT-SM), cognitive behavior therapy (CBT), exposure therapy, caregiver coaching, and school consultation. Within this rotation, externs will have the opportunity to assist with initial clinical assessments and to carry their own caseload of patients with SM. Externs will also have the opportunity to assist with planning and participating in Get Heard!, a seasonal group treatment program for youth with SM and social anxiety. Please note that SM weekly rounds occur on Wednesday afternoons and externs need to be available during this time each week.

**Track Director: Kaitlyn Wilbur-Smith, Psy.D.**

#### Tic, Trich, and OCD

Externs will begin by receiving specialized training in the neurocognitive underpinnings of tics, trichotillomania, OCD, and other impulse control disorders. Externs will receive extensive training in the Comprehensive Behavioral Intervention for Tics (CBIT), Exposure and Response Prevention for OCD (ERP), Comprehensive Behavioral Treatment for Skin Picking and Hair Pulling (ComB) and the application of the Inhibitory Learning Model in treatment. Advanced training in adaptations for the treatment of other impulse control disorders, addressing complex presentations, and treatments for common comorbidities will occur over the course of the training year. Externs will participate in consultations and carry individual cases implementing psychoeducation for youth and families as well as CBIT, ERP, ComB, and parent management training as appropriate for the specific presentation. Exposure rounds are on Mondays at 12 noon.

**Track Director: Nathan M. Lambright, Psy.D., BCBA-D**

#### All tracks

All externs are given the opportunity to conduct individual, family-based, and group treatment for a wide array of anxiety disorders, including mood disorders, social and generalized anxiety, panic disorder, specific phobias, OCD, and school refusal. Externs use evidence-based manualized protocols with a focus on effective delivery of psychoeducation, skill-building, and exposure therapy emphasizing inhibitory learning and emotional processing. Opportunities exist for individuals to engage in values-based exposure, community-based exposure coaching, intensive treatment for specific phobias, and intensive treatment for school avoidance.

In addition, BCSC believes that interactions between caregivers and children combine with emotional vulnerabilities to shape behaviors seen in an array of youth emotional and behavioral problems. Research suggests that addressing children's struggles alone is insufficient to affect pervasive change in many cases. Engaging, educating, and shaping the behavior of caregivers and family systems comes with a unique set of challenges. All externs will be expected to provide caregiver coaching with the goal of shaping effective interactions in the home to reduce emotional vulnerabilities and extinguish ineffective internalizing and externalizing behaviors. Through structured trainings and weekly supervision provided by clinicians who specialize in caregiver coaching, externs will learn strategies for maximizing their effectiveness in caregiver coaching. In addition, externs will have the opportunity to co-lead a skills-training group for caregivers of adolescents and young adults who are in DBT or CBT treatment.