



# 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 2024-2025 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 2024. 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. Externs **must** be available during these times to be considered.

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 (e.g., My first choice would be XXX track and my second choice would be XXX track). 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 8, 2024 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.

#### *2024-2025 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 require 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 at BCSC offers specialized training in comprehensive DBT, including individual therapy with between-session phone coaching, DBT skills training groups, and behavioral parent training. Externs will have the opportunity to provide individual DBT to an adolescent and young adult outpatient population with a wide range of mental health concerns, including suicidal behaviors, non-suicidal self-injury, anxiety, depression, eating disorders, substance use, PTSD, and borderline personality disorder. Externs will also co-lead at least one DBT skill acquisition and/or advanced skill implementation group. This track is intended as an advanced clinical placement, and DBT externs must be in at least their third year of their graduate program.

BCSC is committed to providing the training and supervision necessary to help trainees develop specialized skills in the provision of DBT. At the start of the training year, externs will complete an intensive 4-day training in DBT. Throughout the training year, externs will receive individual supervision from a senior DBT clinician and participate in a weekly DBT consultation team. Externs will also participate in weekly group supervision with the DBT program director and attend supplemental DBT didactics throughout the training year. Externs must be available to attend DBT consultation team (Tuesdays 1:30-3pm or Thursdays 9:00-10:30am) and DBT peer supervision (Thursdays 10:30-11:15am) throughout the training year, in addition to a 4-day intensive in-house training in September. Externs who are unable to attend these meetings will not be considered for this track.

**Prior experience with DBT is not necessary; however, in order to be considered for this position, applicants must be familiar with the principles of behaviorism and have previous experience with behavioral treatment.** A wide range of clinical experiences could fulfill this requirement, including:

- Providing exposure and response prevention (ERP) for anxiety or related disorders
- Providing applied behavior analysis (ABA) to decrease problematic behaviors
- Providing structured behavioral treatment to families or caregivers, such as Parent-Child Interaction Therapy (PCIT)
- Providing radically open dialectical behavior therapy (RO DBT) to address emotion inhibition and social disconnection
- Providing structured cognitive-behavioral therapy or behavioral activation for depression

In your application, please be sure to specifically outline your previous experiences with behavioral interventions, so that we can accurately assess your fit with this track.

Track Director: Lyndsey Moran, Ph.D

## Dialectical Behavior Therapy (DBT) for PTSD

**\*\*THIS TRACK REQUIRES PREVIOUS TRAINING IN DBT (see details below)\*\***

The DBT for PTSD program at BCSC offers specialized training in DBT-PE, an evidence-based protocol developed to address PTSD symptoms among clients with emotion dysregulation and increased risk for suicide. Externs will have the opportunity to work with adolescents and young adults experiencing PTSD and a wide range of comorbid concerns, including self-injury, suicidal behaviors, personality disorders, depression, anxiety, substance use disorders, and eating disorders. BCSC clients come from diverse

backgrounds and have experienced a wide range of traumatic events, including: physical, emotional, and sexual abuse; sexual assault; prejudice and discrimination; neglect; domestic violence; systemic oppression; intergenerational trauma; racial trauma; natural disasters; and trauma-related concerns among refugees, asylum seekers, and immigrants. Throughout assessment and treatment, close attention is paid to the complex interplay between traumatic experiences, cultural factors, intersecting identities, and recovery.

As part of this training track, externs will complete intensive training in DBT-PE at the start of the training year (typically 3-4 full days, offered virtually). Following the completion of this training, externs will carry a mix of individual DBT cases and DBT-PE cases. Externs will also have the opportunity to co-facilitate trauma-focused processing groups and/or DBT skills groups. Externs will receive individual supervision from a senior clinician with intensive training in both DBT and DBT-PE. Additionally, externs will attend a weekly DBT consultation team and a weekly trauma-focused peer supervision group that includes case consultation, process, and didactic components. During group peer supervision, externs will receive some exposure to additional evidence-based treatments for PTSD, such as trauma-focused cognitive behavioral therapy (TF-CBT) and cognitive processing therapy (CPT); however, the training experience will be focused on the provision of DBT and DBT-PE.

Please note that externs must be available to attend trauma-focused peer supervision (Tuesdays 10-11am), DBT consultation team (Tuesdays 1:30-3pm or Thursdays 9:00-10:30am), and DBT peer supervision (Thursdays 10:30-11:15am) throughout the training year. Externs who are unable to attend these meetings will not be considered for this track.

This track is intended as an advanced clinical placement. **In order to be considered for this position, applicants must be in at least their third year of clinical training and they must have significant prior training and experience in DBT.** Specifically, applicants must meet both of the following criteria:

- Formal DBT training completed prior to start of training year (e.g., Behavioral Tech foundational training, BCSC in-house intensive training, intensive in-house training at a comprehensive DBT program)
- Previous experience (at least 1 academic year) providing DBT as the primary individual therapist for Stage 1 clients. Please note that leading DBT skills groups does not fulfill this requirement

In your application, please be sure to specifically outline your previous training and clinical experiences with DBT, so that we can accurately assess your fit with this track.

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 serve as co-therapist and potentially primary therapist on PCIT cases depending on prior clinical experience and comfort level. In addition to PCIT cases, externs will implement evidence-based treatments with young children (ages 11 and below) with both disruptive behavior disorders and other childhood disorders. Each extern will participate in weekly rounds with the Young Childhood/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 for the majority of this day each week.

Track Director: Joshua Masse, Ph.D.

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

This track offers focused training in radically open dialectical behavior therapy (RO DBT), 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 groups for adolescents and young adults. In addition to receiving weekly individual supervision from an intensively trained RO DBT clinician, externs will also participate in a virtual RO DBT consultation team. 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 the RO DBT skills group takes place on Tuesday evenings and the RO DBT consultation team meets on Wednesday mornings, and externs need to be available at these times each week.

**Prior experience with RO DBT or standard DBT is not necessary; however, in order to be considered for this position, applicants must be familiar with the principles of behaviorism and have some previous experience with behavioral treatment.** A wide range of clinical experiences could fulfill this requirement, including:

- Providing exposure and response prevention (ERP) for anxiety or related disorders
- Providing applied behavior analysis (ABA) to decrease problematic behaviors
- Providing structured behavioral treatment to families or caregivers, such as Parent-Child Interaction Therapy (PCIT)
- Providing standard dialectical behavior therapy (DBT) to address emotion dysregulation
- Providing structured cognitive-behavioral therapy or behavioral activation for depression

In your application, please be sure to specifically outline your previous experiences with behavioral interventions, so that we can accurately assess your fit with this track.

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.