

REBECCA SCHOOL –THERAPEUTIC DAY SCHOOL

INTRODUCTION

Rebecca School is an internationally-known therapeutic day school for children and young adults (4 to 21) with neurodevelopmental delays of relating and communicating, including autism spectrum disorders. The Department of Mental Health provides psychological services to address the emotional challenges faced by our students. The externship and internship programs are designed to allow doctoral students to gain a wide variety of clinical experience by working from a relational psychology model, providing individual and small group psychotherapy, psychological testing, clinical consultation, co-leading staff process groups, and case conference as a vital member of an interdisciplinary team. Rebecca School utilizes the Developmental Individual- difference Relationship (DIR) model developed by Dr. Stanley Greenspan. This therapeutic approach is based on the core tenet that relationships are the foundation of effective psychological interventions, academic learning, and social development. The program at Rebecca School incorporates this therapeutic, relational model and focuses around each student's developmental challenges and strengths. Externs/interns deepen their psychotherapy skills through intense training and direct clinical service. Externs participate in weekly individual and group supervision, didactic training, team and family meetings, and they have the opportunity to gain experience in clinical case presentations and staff development workshops. In sum, this training site offers intensive clinical training and experience within a supportive and collegial environment.

OUR STUDENTS AND THE REBECCA SCHOOL MODEL

Most of the children and adolescents who attend Rebecca School have autism spectrum disorders, pervasive developmental disorders, or other neurodevelopmental challenges. The academic program places the relationships each staff member has with the children at the fore regardless of the neurodevelopmental level of the student. Since most of the students have difficulties with communicating and relating, the clinical and academic staff use the DIR model in their work with students to enhance students' abilities in self-regulation, frustration tolerance, problem-solving, meaningful social interactions, and joyful, creative play. DIR and the relational psychology theoretical orientation share many core beliefs and trainees receive extensive applied and theoretical training on DIR and relational psychology.

SUPERVISION

Supervision is provided by highly experienced, licensed psychologists. Externs receive a minimum of one hour of individual supervision, one hour of testing seminar/supervision and one hour of group supervision weekly. In addition to supervision and training provided by psychologists, externs/interns have the opportunity to observe clinicians from other disciplines, including music therapists, social workers, and DIR/Floortime consultants. The senior staff have expertise in a variety of theoretical orientations including psychodynamic therapy, interpersonal psychology, and trauma theory. Externs are encouraged to adopt their own personal style for

conducting psychotherapy within this developmental, relational model. The videotaping of sessions is commonly used as an additional training tool that helps trainees deepen their clinical skills and self-confidence.

TRAINING AND PROFESSIONAL DEVELOPMENT

Rebecca School externship/internship programs are distinguished for their focus on clinical training and professional development for our externs/interns. Externs participate in a one hour of didactic seminar within the Psychology Department as well as an additional, one hour didactic seminar that is provided for all departments (on Fridays only). Finally, externs observe and participate in weekly grand rounds/case conference which includes all staff (as well as the family of the student being presented). Didactic seminars are provided by senior clinicians from Rebecca School, as well as by outside speakers with expertise in child/adolescent development, relational psychology/DIR and the treatment of neurodevelopmental disorders.

QUALIFICATIONS

To be considered, applicants should, at a minimum, be in their third year of clinical, counseling, child/clinical, or combined school/child clinical psychology doctoral study during their externship year. All applicants should have some form of prior counseling/clinical experience and have completed coursework in cognitive and adaptive functioning assessment, psychoeducational assessment, and assessment report writing.

EXTERNSHIP REQUIREMENTS

Externs are required to fulfill a minimum commitment of **2 full (8-hour) days per week**, with a 3rd day being optional, depending on the extern's schedule. The externship program begins during the first week of September and ends in mid-June. **Tuesdays are required** clinical days because department meetings and training seminars occur on those days.

Typical Extern Activity Hours for 2 Full Days:

Direct clinical service:	11 hrs.
Individual Supervision:	1hr
Group Supervision:	1hr
Testing Seminar/supervision	1hr
Psych Dept. Didactic Seminar:	1hr
Case conference:	1hrs

Approximate Total: 16 hours per week

Externs will be expected to provide individual and group psychotherapy services, psychological assessment, participate in individual and group supervision, be present for all in-service training and case conferences (according to their schedule), and provide clinical consultation to teaching staff, families, and other clinical staff. **Students who require additional clinical hours can be accommodated.**

APPLYING TO THE EXTERNSHIP

Interested candidates should send a **letter of interest, a CV, a copy of a psychological evaluation they completed and two letters of reference from professionals familiar with their work**. Candidates should consult their Directors of Clinical Training regarding the start date for submitting applications. Applications should be mailed or emailed to:

Ismini Georgiades, Ph.D., Clinical Coordinator
Rebecca School
40 E. 30 Street, NY, NY 10016
E-mail: igeorgiades@rebeccaschool.org

Additional information about Rebecca School can be obtained through our website: www.rebeccaschool.org, or by calling our office: 212-810-4120 x 248.