



THERAPY EXTERNSHIP **IN CLINICAL PSYCHOLOGY**

Revised: March 2017

GENERAL INFORMATION

New Connections Academy (NCA) is a private therapeutic day school, founded in 2006 to serve students between the ages of 6-21 with Autism Spectrum Disorders (High Functioning Autism to Asperger's Disorder) and other co-morbid diagnoses including anxiety, depression, ADHD, disruptive behavior problems, and learning disorders who require an alternative school program that is supportive, therapeutic and educational. NCA utilizes therapeutic, educational, family and community resources to enhance social communication skills, stabilize emotional regulation and improve academic achievement, with a commitment to foster each student's academic, communication and emotional regulation skills necessary to return to their home school or to a less restrictive environment.

New Connections Academy utilizes the SCERTS (Social Communication, Emotional Regulation, Transactional Support) educational and therapeutic model to determine the student's profile of successful development and areas in need for improvement. The student's profile provides the basis for use of successful therapeutic interventions to address the developmental challenges that interfere in the areas of: academic learning, socialization skills, emotional regulation, integration of internal and external sensory information, and restricted/perseverative patterns of thinking or interest. NCA is an environment that is based on a nurturing model of the Circle of Courage (Lakota-Sioux Reclaiming Youth) which promotes the development of pro-social skills in four quadrants: Belonging, Mastery, Independence, and Generosity. The environment is based on a positive, nurturing model, where positive reinforcement and natural consequences for behaviors are frequently utilized.

TRAINING PROGRAM, GOALS AND OBJECTIVES

The Therapy Externship Program in Clinical Psychology is designed to help externs acquire and refine their clinical/therapeutic skills while at the same time learning to successfully interact as a valued member of a multi-disciplinary team. There is an emphasis on training in fundamental clinical skills with a primary focus on Individual and Group Therapy. Externs will have the opportunity to work with challenging/complicated students who often exhibit a wide range of emotional disorders, behavioral disorders, and developmental disorders. All training is completed under the supervision of the Director of Training, Chief Clinical Consultant, and other members of the clinical training staff.

New Connections Academy

865 E. Wilmette Road – Suite A, Palatine, IL 60074 ~ Phone: 847-359-8690 ~ Fax: 847-359-8691

The primary goal/objective is to promote the extern's professional growth in such a way that they feel more confident in their ability to function as a clinical therapist with the ability to practice in accordance with the highest standard of care.

Clinical Work

- Provide individual and group therapy with children, adolescents, and young adults
- Utilize evidenced supported interventions including Carol Grey's Social Stories, Jeb Baker's Social Skills, Michelle Garcia Winner's Social Thinking paradigm, cognitive-behavioral therapy, behavioral interventions, and Ross Greene's Collaborative and Proactive Solutions approach
- Collaborate weekly with families and provide parent education and family therapy on an as needed or requested basis utilizing brief solution-focused approach
- Consult routinely with teachers and milieu staff regarding clinical and behavioral interventions
- Develop students' SCERTS profile and track therapeutic progress and outcome data on a quarterly basis
- Develop social/emotional treatment goals for the student's Individualized Education Plan (IEP)
- Participate in multidisciplinary treatment staffings and IEP meetings
- Clinical documentation
- Participation in crisis and risk assessments as needed

Supervision

- One hour of individual supervision with a licensed clinical psychologist utilizing an Integrative Developmental Model (Brian McNeil and Cal Stoltenberg). Externs may also receive individual supervision with a post-doctoral fellow.
- Externs may be asked to audio/video tape their sessions (both therapy and individual supervision) for review within supervision; and any audio/video taped sessions that are utilized outside of the NCA building for academic, training or professional purposes may be reviewed by the supervisor.
- One hour of Group Supervision and 90 minutes of Clinical Needs Seminar each week
- One hour of Family Therapy Seminar each month

Training

- Group supervision focuses on issues related to the field of professional psychology, including ethics, legal issues, and models of consultation. Facilitated by licensed clinical psychologists with a strong focus on didactic training
- Clinical Needs Seminar focuses on case formulation, formal case presentations, and integration of understanding of clinical diagnosis and family dynamics. Each extern will present a case in Clinical Needs approximately twice per year. Facilitated by licensed clinical psychologist with a strong focus on didactic training in evidence-supported clinical interventions and modalities.
- Monthly Family Therapy seminar with licensed clinical psychologist with focus on family systems theory

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- Opportunity to collaborate with a Child and Adolescent Psychiatrist on issues related to psychopharmacology
- Consultation with Art Therapist, Music Therapy, Speech and Language Therapists and Occupational Therapists

EXTERNSHIP FORMAT

- Externs are required to participate in a minimum of 850 hours of supervised clinical experience throughout the year. Most externs complete 1,000 hours throughout the course of the training year. This time is spent in direct service, indirect service, extended day coverage, didactic training and supervision.
- Externship is 11 consecutive months (mid-August through mid-July) interspersed with legal holidays, winter and spring vacations and abbreviated summer schedule.
- Externs are required to be on-site for a minimum of 24 hours per week (3 full days) throughout the training year. Tuesdays are required training days. Typical daily schedule is 8:00am- 4:00pm.
- Three evening dates are required during the year (Parent Orientation night in the Fall and Parent Support Group Night twice per year). Externs will be assigned to provide therapeutic support for extended day services on a rotating basis throughout the year (extending requirement from 4:00pm to 5:20pm on assigned days).
- Extern job responsibilities include working to build a strong, safe, healthy and therapeutic milieu, which includes assisting with arrival and dismissal, and providing assistance to school staff throughout the milieu, as requested.

EVALUATION

Evaluation is an active, ongoing process throughout the Externship period. All evaluations will entail an active discussion regarding areas of strengths and weaknesses between supervisors and externs. Formal written evaluations will occur twice during the externship year. These evaluations will be completed by the Primary Supervisor and reviewed in detail with the extern. Any serious concerns will be discussed with the extern and the other members of the Clinical Training Staff and the Director of Training at the extern's professional school. Please request the document: *Due Process Procedures*, for a full explanation.

CLINICAL STAFF

Erin Basalay, Psy.D.

Illinois School of Professional Psychology
 Licensed Clinical Psychologist
 Director of Training

Charlotte Edwards, Psy.D.

Illinois School of Professional Psychology

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Licensed Clinical Psychologist
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Sol Rappaport, Ph.D.

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Licensed Clinical Psychologist / Founder

Shazia Tayyad, M.D.

University of Illinois
Board Certified Child and Adolescent Psychiatry

APPLICATION PROCESS

Doctoral and Master's level students from Clinical and Counseling Psychology training programs, who have met all requirements for application for Therapeutic Externship/Practicum must submit the following materials by the last Friday of February prior to their Externship year. NCA follows the ACEPT Guidelines, including timelines for applications and selection of trainees.

1. Cover letter outlining professional goals and interests
2. Curriculum Vitae
3. All Graduate School Transcripts
4. Three Letters of Recommendation
5. Writing Sample

It is preferred that all application materials be sent via email in a bundled PDF file or application materials that are mailed should be send in one envelop.

This information must be sent to:

Erin Basalay, Psy.D.

Director of Training
New Connections Academy
865 E. Wilmette Road – Suite A
Palatine, IL 60074

If you have any further questions, please contact Dr. Basalay at:

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E-Mail: ebasalay@newconnectionsacademy.net

Phone: 847-359-8690 ~ Ext 226

Please Note: A criminal background check, fingerprinting, medical examination and drug screening are required for all new staff members and trainees at New Connections Academy. An offer of employment or training is contingent upon passing the background checks and drug screening, and submitting fingerprint data, and all required health and medical examination forms

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