Practicum Description

Steven A. Cohen Military Family Clinic at Easterseals

Location: 1420 Spring Street, Silver Spring, MD

Overview of the Cohen Clinic at Easterseals

The Cohen Clinic at Easterseals provides time-limited, evidenced-based, high-quality, accessible, integrated, behavioral health care to military families and veterans, regardless of discharge status. We offer individual, group, family, and couples therapy. We service adults and children from age 4 and up. Clients include anyone who served even one day in service, regardless of discharge status, active-duty service members, and family of veterans and service members. Interventions are primary CBT or CBT-informed. Students should expect to be practicing within a CBT framework during their time at the clinic. Approximately 50% of clients are veterans or active-duty service members. Common presenting complaints include trauma (combat and MST being the most common trauma types, followed by childhood trauma), depression, anxiety, and adjustment issues. A high percentage of clients also request couples therapy to assist with relationship issues.

The clinic has a robust training program that was established in 2018. The site accepts two psychology doctoral students per year, and 2 masters level students. The site also offers a masters level 2-year fellowship program funded through Cohen Veterans Network, and a post-doctoral psychologist position.

Clinical Duties:

Externship students will be an integral member of clinic team. The student will gain experience counseling in trauma and PTSD, individual, couples, and family therapy. Assignment of clients is flexible, and we work to develop an individualized caseload that is specific the student’s interest and training needs.

Clinical Care

- Provide direct evidenced-based short-term/targeted CBT-informed mental health services and referrals for veterans and their families. Perform and document client screenings, psychosocial assessments, and progress and referral information
- Conduct clinical intake assessments on veterans and family members
- Provide therapy focus on delivering evidence-based treatments
- Provide treatment in compliance with state and federal guidelines as well as Center policies, protocols and procedures
- Must be a first- or second-year student for practicum placement.
- Students are required to complete mandatory CVN training (suicide assessment and prevention, military cultural awareness, PTSD assessment, and others as assigned). These trainings are online and generally occur on a Wednesday and/or Thursdays.

Training Opportunities

A variety of training opportunities are available for students.

- Cognitive Processing Therapy
- Prolonged Exposure Therapy
- Gottman Method Couples Therapy
- Emotionally Focused Family Therapy
- Cognitive-Behavioral Therapy for Insomnia
- Cognitive Behavioral Therapy (basics via Beck institute, Beck supervisor on staff for individual supervision) and additional CBT related training
- Cognitive Behavioral Therapy for children

**Supervision:**

Supervision is provided by a licensed clinical psychologist (1 hours per week) for psychology students, by a LCSW-C or LCPC for students in masters programs. Group supervision is assisted by other clinical staff members including a psychology post-doctoral fellow, advanced career LCSW-C, LCPC, psychiatrists, etc. Supervisor staff includes clinicians who are certified in Cognitive Processing Therapy, Prolonged Exposure Therapy, Cognitive Behavioral Therapy for Insomnia, Cognitive Behavioral Therapy (Beck institute), and advanced training in Gottman method couples therapy, Emotionally Focused Therapy, and EMDR. Group supervision is multi-disciplinary and includes weekly review of taped therapy sessions, discussion, readings, and didactics.

Additional didactics and training onsite include:

- **Monday** – weekly staff meetings. Twice per month clinical staff meeting that focuses on enhancing client active engagement in treatment and training specific to a short-term treatment model.

- **Wednesday** – Multi-disciplinary meeting focused on staffing new cases and review of high interest/high risk cases, review of safety plans and risk management strategies. The clinic participates in the Maryland and Virigina Governor’s Challenges to reduce veteran suicides. Extensive training and skill development on risk reduction interventions are an ongoing focus of training for all staff.

- **Thursday** – Case Conference. Case conference alternates between an internal meeting to do in-depth review of interesting or challenging cases, discussion of new interventions and applications of skills to challenging cases. In other weeks the case conference is a webinar that includes the entire Cohen Veteran Network and focuses on a variety of clinical topics.

**Start/End Date:**
The Cohen Clinic offers flexible start and end dates. We prefer a student who can start at the end of the Spring semester (approximately May/June). A long placement (11-12 months) allows greater access to training opportunities and increased ability to complete care with clients in treatment protocols, just as PE or CPT.

**Hours:** Students typically work 2 full days per week (16 hours), matching the hours of their supervisor on site. Clinic hours are:

- Monday 0800-1800
- Tuesday 0800-1800
- Wednesday 0800-2000
Thursday 0800-1800
Friday 0800-1500

Saturday hours from 0900-1300 are available one day per month but are not required of students.

Schedule flexibility is available and students may work other days/hours or arrange times according to their school schedule.

**Practicum Director/Supervisor:** Anneke Vandenbroek, Ph.D., ABPP

**Parking:** No cost, available onsite. Clinic is also within a few blocks of the Silver Spring Metro station and has a bus stop directly outside the clinic. As of November 2021 the clinic offers hybrid services via telehealth and in-person. Fridays are a fully remote work day. Students may work in the office on Fridays if they do not have private space at home to use for clinical appointments.

**Application Instructions:**

Sent a cover letter, CV, and 2 letters of recommendations to: avandenbroek@eseal.org.

Applications are due by Feb 1. Interviews and site visits will occur during the month of February.

The Cohen Clinic at Easterseals participates in the Washington, DC area Consortium of Doctoral Programs in Clinical Psychology Externship.

The UAD for 2022 is March 11, 2022. Notification of acceptance will take place the week prior to that date.

Clinic Website: [https://www.easterseals.com/DCMDVA/our-programs/cvn-home.html](https://www.easterseals.com/DCMDVA/our-programs/cvn-home.html)