



The Steven A. Cohen
Military Family Clinic
at Easterseals



Psychology Extern Application Guidelines

Location: 1420 Spring Street, Silver Spring, MD

Overview of the Cohen Clinic at Easterseals

The Steven A. Cohen Military Family Clinic at Easterseals is a non-profit mental health clinic that provides high-quality and accessible behavioral health care to active-duty service members, veterans regardless of discharge status, and their families. We offer individual, group, family, and couples therapy in telehealth or in-person format and see clients from age 4 and up. Common presenting complaints include trauma (combat and MST being the most common trauma types, followed by childhood trauma), depression, anxiety, and adjustment-related issues. We partner with the community to expand the available resources for our clients and provide training opportunities to others who wish to support veterans via internship and practicum.

Clinical Duties:

Students are integral members of the clinical team. Students can expect a generalist experience working with diverse populations in a community mental health setting. The type of therapeutic modality used is flexible and based upon the needs of the client. Assignment of clients is flexible, and we work to develop an individualized caseload that is specific to the student's interest and training needs.

Clinical Care

- Provide direct mental health services and referrals for military-affiliated populations. Perform and document client screenings, biopsychosocial assessments, progress notes, and other aspects of care utilizing an electronic health record system.
- Provide therapy utilizing a range of therapeutic modalities based upon the needs of the clients.
- Provide treatment in compliance with state and federal guidelines as well as Center policies, protocols and procedures.
- Connect clients with resources in collaboration with clinic case manager and outreach coordinator.
- Participate in multidisciplinary meetings when able.
- 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.

Potential Training Opportunities

A variety of training opportunities may be available for students.

- Cognitive Processing Therapy
- Prolonged Exposure Therapy
- Gottman Method Couples Therapy
- Emotionally Focused Family Therapy
- Motivational Interviewing
- Child and Adolescent Therapies
- 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
- Others based upon clinical interest and request

Supervision

Individual supervision (1 hour a week) is provided by a licensed Clinical Psychologist for psychology externs or by a LCSW-C or LCPC for students in master's programs. Group supervision (1 hour a week) is led by licensed Clinical Psychologists and assisted by other clinical staff members including advanced career LCSW-C, LCPC, psychiatrists, etc. Supervisory staff includes clinicians who are experienced in Cognitive Behavioral Therapies (for children and adults), Trauma-Focused Therapies, Motivational Interviewing, Psychodynamic Therapy, and couples and family therapies. Group supervision is a 60-minute meeting and includes weekly review of taped therapy sessions, discussion, readings, and didactics. Didactics are conducted twice a month (every other Thursday) interns/externs will learn about topics focused on issues pertaining to treating military-affiliated populations including multicultural and ethical considerations, military cultural competencies, unique issues that military populations face, general topics on military psychology, and other areas of focus.

Extern Training Program Supervisors: Leah Taylor, Psy.D., Aaron Banas, Psy.D., and Tim Overton, Psy.D.

Parking: No cost, available onsite. The 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 workday.

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.

Hours: Students typically work 2 full days per week matching the hours of their supervisor on site. Schedule flexibility is available, and students may work other days/hours or arrange times according to their school schedule and program expectations.

- 1) Internship/Practicum students work up to 20 hours per week and all clinical work is supervised by a licensed psychologist or social worker
- 2) Psychology extern students work up to 16 hours per week and all clinical work is supervised by a licensed psychologist

General clinic hours are:

Monday 0800-1900

Tuesday 0800-1900

Wednesday 0800-2000

Thursday 0800-2000

Friday 0800-1500 (remote only)

Below are the application guidelines and requirements:

- 1) The Cohen Clinic at Easterseals participates in the Washington, DC area Consortium of Doctoral Programs in Clinical Psychology Externship.
- 2) The UAD is **March 7th, 2025**. Notification of acceptance will take place **the week prior to that date**.
- 3) Applications are due by **February 1st, 2025**. Interviews and site visits will occur during the month of February.
- 4) Applicants must be from an accredited university or college
- 5) Applicants must be in their 3rd or 4th year of their doctoral program and/or have completed a therapy practicum prior to start date

- 6) Applicants must submit the following application package:
 - a. Cover letter
 - b. Resume/CV
 - c. 2 letters of recommendation
- 7) Upon receipt of application package, the applicant will be notified via email if they are accepted for interview and the interview will be scheduled
- 8) Applicants must interview in person or via Zoom
- 9) Students selected for internship or practicum must complete the following:
 - a. Easterseals background check and drug test
 - b. Mandatory on-line self-paced and live trainings. Specific training requirements will be discussed during the interview.

Applications may be submitted via email to the Training Manager Dr. Leah Taylor at ltaylor@eseal.org and Lead Clinician/Deputy Director, Dr. Aaron Banas at abanas@eseal.org

Please also explore our website: <https://www.easterseals.com/DCMDVA/our-programs/cvn-home.html>