

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 Steven A. Cohen Military Family Clinic at Easterseals 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. Many clients also request couples therapy to assist with relationship problems.

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

Clinical Duties:

Externship 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 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
- Accepting first, second or third-year practicum students
- 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
- 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 is provided by a licensed clinical psychologist (1 hour 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 experienced in Cognitive Behavioral Therapies (for children and adults), Trauma-Focused Therapies, Motivational Interviewing, Psychodynamic Therapy, and couples and family therapies. Group supervision is multi-disciplinary 60-minute meeting and includes weekly review of taped therapy sessions, discussion, readings, and didactics.

Additional didactics and training onsite include:

Wednesday – weekly staff meetings covering a variety of operational, administrative, and clinical issues (*optional for students*).

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 Virginia 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 (*optional for students*).

Thursday – biweekly didactics. Every two weeks 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.

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 0800-1900

Tuesday 0800-1900

Wednesday 0800-2000

Thursday 0800-2000

Friday 0800-1500

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

Practicum Director/Supervisors: Aaron Banas, Psy.D.; Leah Taylor, Psy.D.

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 workday.

Application Instructions:

- Send a cover letter, CV, and 2 letters of recommendations to: abanas@eseal.org & ltaylor@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 is March 8th, 2024. Notification of acceptance will take place the week prior to that date.
- Placement is contingent upon successful completion of background screen and drug test.

Clinic Website: <https://www.easterseals.com/DCMDVA/our-programs/cvn-home.html>