

# Brochure

## The Psychology Internship Training Program of The Karen Horney Clinic

### Philosophy and Goals

The Psychology Internship Training Program of the Karen Horney Clinic is fully accredited by the American Psychological Association. The primary goal of the program is to further the training and professional development of doctoral level psychologists by providing the knowledge and skills necessary for diagnosis, assessment, and intervention with a variety of patients in a diverse outpatient setting. The program emphasizes the scholar-practitioner model and closely integrates courses and seminars in theory and technique with extensive clinical experience. The primary treatment model employed in the Karen Horney clinic and taught in the internship-training program is psychodynamic and the intern is exposed to a range of psychoanalytic theories, techniques, and treatment modalities with special emphasis on their application to the diverse patient population served by the clinic. Training is provided in individual psychotherapy, psycho diagnostic testing and assessment, crisis intervention and consultation. Intern's work with patients from different ethnic and socio-economic backgrounds, as diverse as severely impaired very young children, older children and adolescents in foster care and high functioning college students and adults.

High quality supervision is at the heart of the training program and all supervisors and faculty have extensive clinical experience and most have post-doctoral training. Multiple supervisory and learning experiences are provided, enabling the intern to enhance professional skills, establish a professional identity and pursue and develop individual interests.

Interns are highly regarded and respected members of the clinic staff. They actively participate in case conferences and contribute to clinical, administrative decisions and are at all times considered professionals in training. The administration of the clinic and psychology faculty is committed to providing a program where training and training needs take precedence over service requirements.

## **Setting**

The Karen Horney Clinic, a nonprofit outpatient mental health clinic located on the Eastside of Manhattan, serves a culturally and ethnically diverse patient population drawn from all areas of New York City. The clinic, founded in 1955 by friends and colleagues of the pioneering psychoanalyst Karen Horney, provides low cost psychoanalysis and psychotherapy, and training opportunities to mental health professionals. A not-for profit corporation whose board of trustees appoints personnel, reviews policy, and approves the budget operates it. Initially, the clinic provided long-term psychoanalysis and psychotherapy to relatively "healthy" adults, but over the years the programs and services provided by the clinic have expanded greatly. The last fifteen years particularly, have seen the development of a number of innovative specialty programs treating patients of all ages and diagnoses. The Clinic operates an Adult Psychotherapy Program, a Child and Adolescent Program, and a Trauma Treatment Center. These programs provide complete diagnostic assessment and evaluation, individual and group psychotherapy, psychopharmacology, and consultation. The New York State Office of Mental Health licenses the Clinic.

The clinic is housed in a four-story six thousand square foot building. Facilities include administrative and clinical staff offices, numerous treatment rooms, many of which are large enough for group and family treatment, seminar and class rooms, an extensive library and an auditorium used for professional meetings, presentations, and community education.

The Staff of the Karen Horney Clinic includes Psychiatrists, Psychologists, and Social Workers. The staff is multicultural and multilingual and members speak many languages. The Karen Horney Clinic is an equal opportunity employer, offering employment to all regardless of age, religion, race, ethnic background, or physical disabilities.

## **Overview**

The Psychology Intern Program is composed of three main components: treatment of clinic patients, didactic seminars and lectures, and intensive individual and group supervision. The interns work in different specialty programs of the clinic with adults, adolescents and children, and adult survivors of incest and victims of trauma. Interns spend approximately one third of their time working with children and adolescents, and their families. Psychological testing is done primarily, but not exclusively, with children using intelligence and neuropsychological tests, and projective techniques. Treatment modalities include individual psychodynamic psychotherapy, crisis intervention, and consultation with parents, teachers, and other agencies.

The Didactic Seminars are intended to provide the interns with in-depth coverage of the

theoretical and technical knowledge necessary for responsible and skillful performance of their duties. There is a yearlong seminar addressing psychodynamic theory and technique and a series of shorter seminars on diagnosis, assessment and psychopharmacology, ethics and professional issues, multicultural sensitivities, and process research using the Analytic Process Scales.

In addition, each clinic program has its own case conferences and seminars. The interns are invited to attend the case conferences of the American Institute for Psychoanalysis and the scientific meeting program sponsored by the Association for the Advancement for Psychoanalysis in which faculty members and invited distinguished speakers present their work.

Intensive individual and group supervision is a key component of the internship training program as supervisors teach clinical skills and serve as role models for the development of professional identity. Each intern has at least one supervisor in each specialty program and three supervisors in the adult psychotherapy program.

Interns participate in almost all the specialty programs as a group. Additional training in an area of special interest will be provided when possible.

## **Description of the Program**

### ***Adult Program in Psychotherapy and Psychoanalysis***

The Adult Program in Psychotherapy and Psychoanalysis provides therapeutic services for people with a wide range of problems including: depression, anxiety, psychosomatic disorders, phobias, personality problems, sleep disturbance, obsessive compulsive disorder, family problems and phase of life issues. The treatments provided are geared toward alleviating suffering from distressing psychological symptoms, helping people change characteristic and self-defeating behaviors, assisting in adjusting to life circumstances, as well as in-depth exploration of underlying psychological processes from which much suffering emanates.

In this program, interns will serve as primary therapists for seven to eight patients, requiring up to twelve hours of direct clinical service a week. They will receive training in evaluation and diagnosis, psychopathology, crisis intervention and psychodynamic psychotherapy.

### ***Child and Adolescent Services Program***

The Child and Adolescent Program serves patients up to eighteen years of age with a variety of problems including: school failure, behavior disturbance, depression, anxiety, and parent-child disturbance. In this program interns will do intakes, serve as primary therapist for at least three children or adolescents, meet bi-weekly with parents, and consult with school and agency personnel. Interns attend a weekly diagnostic and treatment conferences and perform

psychological evaluations using intelligence, projective, and neuropsychological tests. Interns receive training in evaluating and diagnosing learning disabilities.

### ***The Trauma Treatment Center***

This program provides long-term psychodynamic therapy to adult female and male survivors of incest, physical child abuse, and family violence. The long-lasting effects of childhood sexual or physical abuse often result in depression, anxiety, shame, guilt, low self-esteem, identity problems and serious psychiatric problems. Interns will serve as primary therapists for at least three patients in this program, and will receive training in evaluation and diagnosis, individual psychotherapy, and consultation with courts and community agencies.

### ***Curriculum***

The core curriculum consists of a series of seminars and longer courses on assessment and diagnosis, psychodynamic theory and technique of psychodynamic psychotherapy. There are also seminars on research, professional ethics and multi-cultural issues.

### **Courses and Seminars**

#### **1. Assessments and Diagnosis**

- a. Diagnosis, Assessment and Psychopharmacology - Reviews psychiatric diagnosis and psychopharmacology.
- b. Multicultural Perspectives on Diagnosis and Treatment - Addresses the multiple influences of race and culture on diagnosis and treatment of mental illness.

#### **2. Karen Horney's Psychoanalytic Theory**

- a. Karen Horney's Psychoanalytic theory covers the motivational premises, basic concepts, and dynamics of Karen Horney's theory of personality.

#### **3. Technique of Psychotherapy**

- a. Technique of Psychodynamic Psychotherapy with Adults - This seminar will familiarize the intern with the technique of psychodynamic psychotherapy. It begins with the initial interview and the therapeutic attitude and then moves onto: the listening process, the management and interpretation of resistance and the therapeutic relationship and the meaning and use of dreams.

#### **4. Process Research**

Seminar and Practicum using the Analytic Process Scales - Utilizes the Analytic Process Scales for defining, learning and measuring key aspects of the therapeutic process.

#### 5. Ethics

This seminar reviews ethical standards and issues in psychology with special emphasis on implications for the therapeutic relationship.

#### 6. Seminar on Child and Adolescent Psychotherapy

This course examines selected topics in child and adolescent psychotherapy; Emphasis is placed on understanding transference, counter-transference and latent content as it appears in play. Models of working with parents are also explored. Students are expected to read clinical papers and present their own ongoing case material.

#### 7. Seminar on Shame and Guilt

This course examines the relationship between the moral affects of shame, guilt and empathy and the way these affect states relate to symptom formation.

### **Lectures and Case Conferences**

1. Interns attend and are invited to participate in the case presentations and conferences sponsored by the American Institute for Psychoanalysis of the Karen Horney Psychoanalytic Center.

2. Interns attend the Scientific Meetings of the Association for the Advancement for Psychoanalysis.

### **Evaluation**

Faculty and Supervisors provide ongoing evaluation of intern's performance throughout the year. Formal evaluations of performance in each clinic program are given twice a year and are closely reviewed with the interns. Evaluations are regularly discussed at meetings of faculty and supervisors and at end of the year these evaluations are summarized and communicated by the Director of the Internship Training Program to the interns.

Interns also provide ongoing evaluation of the training program to the Internship Director at regular weekly internship meetings. Interns also formally evaluate their supervisors twice a year and all didactic seminar instructors. These evaluations are shown to the staff members being

evaluated and are discussed with the Director of Training. Interns also meet regularly with the Director of Training to review the program and are asked to write an evaluation at the end of the year.

### **Stipends and Benefits**

**The internship is a full time commitment and begins in early September and continues for a year. The stipend currently is \$17,000 annually. Benefits include 3 weeks of vacation, 3 personal days, and 10 sick days accumulated at the rate of one per month. No insurance benefits are paid for by the clinic. There are three funded intern positions.**

### **APPLICATION PROCEDURES**

Applications for admission to the internship-training program may be obtained by accessing our website at: [www.karenhorneyclinic.org](http://www.karenhorneyclinic.org), or by calling the Karen Horney Clinic at 212-838-4333. Applicants must be matriculated in an A.P.A. approved Psychology Doctoral Program, have completed their course work and practicum, and passed their doctoral qualifying exams by the time they begin the program. The deadline for applications is November 15, 2009. The internship participates in the APPIC Internship Applicants Matching Program. This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant. The Internship is accredited by the American Psychological Association. Additional Information may be obtained by contacting the American Psychological Association 750 1st Street, NE, Washington, D.C. or by calling the office of accreditation at 202-336-5979.

The Internship Training Program practices a policy of non-discrimination and will accept any intern appropriate for the training program without regard to race, religion, creed, sexual orientation, or national origin.

Applicants must submit:

1. A completed APPIC Application for Psychology Internship (AAPI) for the 2010-2011 year. This can be obtained on the APPIC web site: [www.appic.org](http://www.appic.org). There is no separate application specific to The Karen Horney Clinic.
2. A transcript from graduate school.
3. A letter from the office of the graduate program attesting to matriculation and eligibility for the internship.
4. Three letters of recommendation.

5. A stamped self-addressed postcard to be used to inform you of receipt of your application materials.

Please address all application materials to:

Jacqueline L. Simon, Psy.D.  
Director of Internship Training  
Karen Horney Clinic  
329 East 62nd Street  
New York, New York, 10021