



MedStar Health

MEDSTAR GEORGETOWN UNIVERSITY HOSPITAL



MedStar Georgetown University Hospital (MGUH)
Department of Psychiatry
Division of Outpatient Child and Adolescent Psychiatry
AND
Center for Wellbeing in School Environments (WISE Center)

Child and Adolescent Clinical Psychology Externship Training Program

MGUH's Department of Psychiatry is a multidisciplinary, community-and family-focused organization committed to strengthening the wellbeing of children and families through a culturally humble, and healing-informed approach. We have three tracks: *Outpatient Mental Health, School-Based Mental Health and Adult/Health Psychology*.

Program Overview: Adult Treatment/Health Psychology Track

The *Health Psychology track* resulted from the passion of faculty members and supervisors to provide an unique opportunity for junior colleagues with interest in the field of health psychology. This opportunity teaches trainees the necessary skills to offer specialized care to individuals experiencing health challenges. The track creates learning experiences for trainees who desire to support the overall wellbeing of adults in specialty care environments, primary care clinics and academic spaces. Trainees will provide treatment to clients via the Health Psychology model of care.

Track Description:

Adult/Educator therapy (4 hours): The Adult/Educator therapy portion of the training experience offers a unique opportunity to deepen understanding of the connection between trauma sensitive and biologically informed care. Educators and school-based staff experience chronic stress which may lead to significant declines in physical and emotional health. Trainees will gain clinical experience within our partner school sites (via the [WISE program](#)) in Wards 7, 8, 5, 4, 2 & 1 with a vast majority of our schools east of the River in Wards 7 & 8. Services include individual or group-based, empirically supported treatments (e.g. CBT, Single Session Consultation). Candidates for therapy (i.e. educators, administrators, operations staff) are self-referred and/or referred by colleagues. Services are provided in person or virtually at assigned schools based on educator request. Therapeutic services for educators, administrators and school-based staff are provided at no cost. The Educator therapy portion of the rotation is required for all Health Psychology trainees.

Health Psychology (8 hours): The health psychology rotation focuses on the intersection of social, psychological and biological factors that influence overall health. This clinical experience provides a unique opportunity to train in an area of specialty with the goal of providing mental health services focused on promoting health and overall physical and psychological wellbeing. There are 3 subspecialties under the Health Psychology rotation:

Subspecialty: Women's Mental Health Program (WMHP)

The Women's Mental Health Program (WMHP) is a unique learning experience based within the Department of Psychiatry at MedStar Georgetown. This placement provides trainees an opportunity to acquire training with the perinatal patient population in a multidisciplinary environment. Trainees provide services to pregnant and postpartum patients, patients coping with fertility and loss, and families who have a baby in the Neonatal Intensive Care Unit (NICU). Responsibilities include conducting initial intake evaluations as well as individual and group psychotherapy. In addition to clinical activities, trainees attend weekly supervision with a licensed psychologist, didactic seminars, and trainings covering a range of topics addressing the perinatal experience and the practice of therapy. Trainees receive exposure to the practice of brief psychotherapy and various theoretical orientations including cognitive behavioral; family systems; psychodynamic; and solution-focused therapies. Presenting issues include perinatal depression; anxiety; parenting; and relationship concerns. The WMHP is committed to creating a supportive learning environment that both encourages growth and exposure to new experiences while ensuring trainees feel properly supported at all times.

*Please refer to the Women's Mental Health [website](#) to learn further information about the program.

Required training day: Wednesday

Trainees will rotate one full day within the program. The second training day will focus on adult treatment at a school-based site and administrative tasks (i.e. documentation, group supervision).

- Onsite supervision will be provided by [Dr. Shilpa Saroop](#) and [Dr. Jenna Bass](#)
- Trainees are expected to attend trainings and participate in clinical activities for the WMHP on Wednesdays as a member of the interdisciplinary treatment team.

Activities:

- Conduct initial intake evaluations
- Conduct outpatient individual psychotherapy
- Conduct outpatient group psychotherapy
- Conduct group psychotherapy in the Mother-Baby Intensive Outpatient Program
- Attend weekly supervision with a licensed psychologist
- Attend didactic seminars and trainings covering a range of topics addressing the perinatal experience and practice of therapy

Clinical Focus on Treating Issues Related to:

- Perinatal depression and anxiety
- Parenting concerns
- Relationship concerns
- Fertility and loss
- Neonatal Intensive Care Unit (NICU) experience

Subspecialty: Primary Care Mental Health Integration at Fort Lincoln Family Medicine

Trainees will rotate a full day at the clinic. Training will focus on brief patient care/health psychology intervention and primary care mental health consultation. Focus areas include support of health behaviors related to obesity, hypertension, diabetes, chronic pain, insomnia, smoking cessation, and other chronic medical issues. Trainees will learn how to provide consultations within an interdisciplinary team that includes physicians and medical residents, nurses/medical assistants, and community health educators. Opportunity to carry up to three long term cases across the training year is available.

Required training day: Monday

Trainees will rotate one full day within the program. The second training day will focus on adult treatment at a school-based site and administrative tasks (i.e. documentation, group supervision).

- Onsite supervision will be provided by [Dr. Keri Kirk](#)
- Additional opportunities available: Research on health behaviors and social context of obesity and cardiovascular disease

Activities:

- Conduct initial primary care mental health integration and general intake evaluations
- Conduct brief and (limited) longer term individual psychotherapy focused at the intersections of physical and mental health
- Co-facilitation of at least one health psychology group
- Attend weekly supervision with a licensed psychologist
- Attend didactic seminars and trainings within the clinic focused on health-related topics.

Location: Fort Lincoln Family Medicine

4151 Bladensburg Rd

Colmar Manor, MD 20722

p: 301-699-7700; f: 301-779-9001

Subspecialty: Psychosocial Oncology Program

The Psychosocial Oncology Program at Lombardi Comprehensive Cancer Center and MedStar Health offers trainees the opportunity to become part of an interdisciplinary healthcare team to provide patients and survivors of cancer with psychotherapy specifically tailored to address issues such as: distress associated with cancer, coping with cancer, and behavioral management of the side effects of the disease and treatment. Common areas of focus include psychosocial adjustment to the initial diagnosis and treatment, supporting treatment decision-making, and navigating disease progression, recurrence, survivorship, end of life, and family bereavement.

Trainees will learn to treat across the age range—from pediatric and young adult to elder adult patients. Trainees will engage with families and primary caregivers of patients and survivors. Additionally, as junior colleagues, trainees will become integrated members of the psychosocial care teams in both the adult and pediatric/adolescent clinics and have the opportunity to join an interdisciplinary consultation/liaison program dedicated to parents with cancer, their caregivers, and children. Trainees will conduct screening calls, intakes, and ongoing psychotherapy with patients with varying types of cancer.

Trainees will attend track specific didactics, adult and child psychiatry and oncology grand rounds, and receive weekly supervision with a licensed clinical supervisor. The program provides psychoeducation and supportive, interpersonal, cognitive-behavioral, and psychodynamic therapy based on patient needs and primary presenting concerns. This is a unique opportunity to train in health psychology and behavioral medicine, exclusively with patients currently undergoing cancer treatment, survivors, caregivers and families.

Trainees will rotate one full day within the program. The second training day will focus on adult treatment at a school-based site and administrative tasks (i.e. documentation, group supervision).

Required training day: Tuesdays

- Onsite supervision will be provided by [Dr. Kimberly Davis](#)
- Additional opportunities available: Research on cancer prevention and control, distress screening and follow-up

Location: 2115 Wisconsin Avenue Suite 200 Washington DC (outpatient clinic) and
3800 Reservoir Rd NW, Washington, DC 20007 (main hospital)

Training Program Requirements

Supervision: Individual in-person weekly supervision will be provided by licensed clinical psychologists. A primary focus of supervision is increasing the trainee's understanding of the intersection between biology, psychology, behavior and health in the treatment process. Supervision models with a cultural basis are utilized throughout the training process.

All health psychology trainees are required to participate in quarterly group supervision four (4) times throughout the training year with other doctoral psychology trainees, social work interns and other master's level trainees. Meetings are held in September, November, January and April from 8:30-9:45am on Tuesday. Trainees are informed of the specific dates during orientation. During group supervision meetings, trainees gain broader viewpoints and a greater understanding of the interface of psychotherapy, community mental health, and hospital medical care. Given our faculty's strong commitment to training, trainees are offered the opportunity to collaborate with many experts in our field via MGUH's Department of Psychiatry.

Didactic Trainings

Adult/Health Psychology trainees are required to participate in weekly didactics (Tuesdays 10:00-11:00am) facilitated by MGUH faculty and community partners. Didactics focus on various topics including: Maternal Mental Health, Group Therapy, Dialectical Behavioral Therapy, Provider Consciousness, among many others.

Adult/Health Psychology trainees are required to participate in monthly Child and Adolescent Grand Rounds facilitated by world-renowned researchers and practitioners (Tuesdays 11:00am-12:15pm). In person attendance is required at didactics and grand rounds unless otherwise stated.

In addition, (virtual) attendance at Adult Psychiatry Grand Rounds is recommended. Adult Psychiatry Grand Rounds are held twice a month on Thursdays afternoons (4:00-5:30pm). Trainees also have the option to attend additional weekly didactics sessions alongside child and adolescent psychiatry fellows, residents, and/or externs as is topically relevant. Trainees may also be required to attend health psychology-specific seminars and workshops tailored to meet their training needs and interests.

Qualifications

Applicants must be doctoral trainees in Clinical, Counseling, or School Psychology entering their 3rd year or higher. Trainees with experience delivering psychotherapy are preferred. Experience in health psychology is preferred but not required. This training experience is intended for advanced doctoral students. *Note, a select number of the most competitive applicants will be offered interviews, and interviews will be offered on a rolling basis until the end of the interview cycle. As such, early submission of application materials is highly encouraged.*

Time Requirement

A total of 16 hours is required. Eight (8) hours will be dedicated to a Health Psychology site while the remaining eight (8) hours will be dedicated to adult wellness at a school-based site and administrative tasks (ie. documentation). One day per week rotations are considered, if applicable:

Schedule example(s)

#1: *Mondays* 8a-4p (8hours/full day): Ft. Lincoln Clinic
Tuesdays 10-10:50a Weekly didactic
11a-2p Administrative time (off site)

Thursdays: 12-4p (4 hours/half day) Adult Treatment (ex. individual therapy sessions, whole school wellness activities) in person at a partner high school (**At the request of clients, therapy sessions may be held virtually offsite**)

#2: *Mondays:* 12-4p (4 hours/half day) Adult Treatment (ex. individual therapy sessions, whole school wellness activities) in person at a partner middle school (**At the request of clients, therapy sessions may be held virtually offsite**)

Tuesdays 8a-10a administrative time
10-10:50a Weekly didactic
11a-12p Administrative time (off site)

Wednesdays: 9a-5p (8hours/full day) Women's Mental Health Program

#3: *Tuesdays:* 9a-6p Psychology Oncology (Lombardi Cancer Center & Psychiatry Outpatient clinic (8hours full day and weekly didactic from 10-10:50a)

Thursdays 12p-3p administrative time (off site)

Fridays: 12-4p (4 hours/half day) Adult Treatment (ex. individual therapy sessions, whole school wellness activities) in person at a partner elementary school (**At the request of clients, therapy sessions may be held virtually offsite**)

Transportation and Caseload Requirement

Trainees should plan accordingly to be on site in person each day. Parking is available on site with most sites being metro and/or bus accessible. It is recommended that trainees carry, in an 8-hour day, a caseload of 5-6 individual clients and 2-3 individual clients in a 4-hour day. Caseloads numbers will be at the discretion of the site supervisor and trainee. Of the 16-hour requirement, 3 hours of administrative time is allotted to each trainee.

Available Positions

In total, **three (3) health psychology trainees** will be recruited to begin in August 2026. Of the three (3) trainees, one (1) trainee will be specifically recruited for the Lombardi site, one (1) trainee for the Fort Lincoln site, and one (1) trainee for the Women Mental Health Program.

Applications

To apply: We will begin accepting applications for **three (3) positions** on **Friday, January 9, 2026**. Application submission will close on **Friday, February 13, 2026**. Offers are extended on a rolling basis; however, trainees are not required to accept, or decline offers until the Universal Acceptance Date on **Friday, March 6, 2026**.

Please submit the following materials to training@medstarwise.org and cc Dr. Denisha Carter at denisha@medstarwise.org.

- Statement of Interest: Please provide a 250-word statement based on the following prompt:
 - *How does who you are inform your work as a mental health clinician?*
 - Please include the specific track(s) and subspecialty (Fort Lincoln, Lombardi or Women's Mental Health Program) in which you are interested. Health Psychology applicants may also apply to Outpatient or School Based Mental Health tracks.
- CV
- Two (2) letters of recommendation from current or previous clinical supervisors, *rising 3rd year students* are able to include a letter from a current or previous supervisor and/or a current or previous professor

- Case conceptualization: Please read the following case scenario and provide a 250-word case conceptualization, including how you would approach working with this family:
 - *You are working with an 11-year-old African American child whose family resides in Ward 7 in DC. The child presents with anxiety related to school- and family-related transitions. The child is experiencing strain within caregiver and peer relationships, academic challenges, and trouble focusing. The child's mother recently had a baby, and a high-risk pregnancy and delivery is causing continued health challenges that impact her ability to engage with the child and provide academic support. The child's father lives in the home and has historically worked long hours but is now taking on more caretaking responsibilities.*

Contact Information

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