

## Psychology Externship Training Program

### Healthy Expectations Perinatal Mental Health Program Clinic

#### 2021-2022

Children's Hospital Colorado offers a psychology externship training program in the Healthy Expectations Perinatal Mental Health Program Clinic. The training program is committed to the recruitment of culturally and ethnically diverse externs. We encourage inquiries and applications from all qualified individuals, please see requirements below.

**Number of Slots: 1-2 depending on fit and availability**

**Time Commitment: 8-10 hours per week**

- Required
  - Wednesdays 9am-5pm when clinic runs

**Dates: June 21, 2021 - June 17, 2022**

Please note: MANDATORY ORIENTATION is held during the first two weeks of the externship. Block your schedule accordingly, making arrangements with current supervisors and plan to be in town.

#### Requirements:

- be enrolled in at least the 3rd year of an APA accredited Doctoral Program in Clinical, Counseling, Health, or School Psychology (so must be at least a 2nd year at the time of application)
- have completed coursework in cognitive assessment and personality assessment
- have experience with adult assessment and treatment
- have experience with child assessment and treatment
- have an interest in perinatal mental health (including both maternal and infant/early childhood mental health)
- have proof of malpractice coverage: must be provided by the extern's training institution or by the extern prior to the start date
- be available to start the externship on June 21, 2021 and the following two weeks for MANDATORY ORIENTATION
- completion of the attestation form with signature
- trainees selected for externship will be subject to drug screening and criminal background checks. Unacceptable results on the criminal background check or drug screening may result in dismissal from the program.

### **APPLICATION PROCEDURES**

**A completed application consists of the following materials:**

1. Cover Letter
2. Curriculum Vitae
3. 2 letters of recommendation
4. Attestation of Professional Conduct

**Emailed by February 1, 2021 at 5pm to the following:**

1. Dianna Torgerson, Operations Coordinator, Psychology Training Program  
Email: [Dianna.Torgerson@childrenscolorado.org](mailto:Dianna.Torgerson@childrenscolorado.org)

## Recruitment Timeline

February 1, 2021 @ 5pm:	Application deadline
February 9 - 24, 2021:	Interviews scheduled
March 1 - 5, 2021:	Positions offered, prompt confirmation of acceptance/declination requested

## Supervision

The goal of supervision is to support the extern during exposure to new patient populations, assessment tools and intervention strategies, and to build feelings of competence and functional autonomy in areas of strength. Weekly reflective group and individual supervision as well as monthly didactics related to perinatal mental health will be provided. Quarterly supervision with the Clinical Director will also be provided. Additional supervision and consultation will be provided as needed, and is directly related to working within a perinatal mental health setting.

## ***DUTIES OF PSYCHOLOGY TRAINEES***

- Providing therapeutic evaluation and treatment to patients (mothers) and their very young children in the Healthy Expectations Clinic at Children's Hospital Colorado.
- **Ages:** Adult women of child-bearing age and their infants/toddlers
- **Typical responsibilities include:** Assisting with returning calls to the clinic Warmline and completing telephone triage and therapeutic support from first contact, developmental screenings and early identification of developmental concerns in infants/toddlers, relationship-based therapeutic assessment, providing treatment to women experiencing depression and/or anxiety during pregnancy or the postpartum period and their very young children. Treatment experiences include individual support of mother-baby dyads, co-leading mother's group, leading mother-baby dyadic group.

Healthy Expectations Perinatal Mental Health Clinic at Children's Hospital Colorado supports pregnant and postpartum women and their families who are struggling with mood and anxiety issues. The Healthy Expectations program is recognized as the Rocky Mountain leader in perinatal mood disorders treatment for pregnant and postpartum women. With free group support and evidence-based psychotherapy, Healthy Expectations draws upon experts from various medical and mental health disciplines including psychiatry, psychology, pediatrics, nursing and social work. Conditions treated include depression, anxiety, OCD, and bipolar mood disorder during pregnancy and the postpartum period, previous grief/loss/infertility and its impact on current pregnancy or parent-infant relationship, partner relational issues, birth trauma, and other parent-infant relational issues within the context of perinatal mental health. The program provides evaluations for medical, psychological, and/or social approaches during the perinatal period. Healthy Expectations Clinic offers a free weekly mom-to-mom support group as well as initial therapeutic warmline support, individual counseling, couples counseling, group therapy, and mother-infant support billed through insurance for mothers in the postpartum period. For pregnant mothers, a weekly topic-based support group also billed through insurance is offered.

## Type of clients served on this externship

The Healthy Expectations Perinatal Mental Health Program at CHCO was designed to serve pregnant and parenting women at least 18 years of age and their infants or very young children. Partners of these women are encouraged to participate in services provided.

## General Information:

Supervised by: Jennifer J. Paul, PhD

Theoretical Orientation: Psychodynamic; Developmental; Behavioral; Family Systems; Relationship-oriented

Supervision format: Individual; Small Group

Ratio of hours (supervision to clinical hours): 1 : 4

Number of psychology trainees: 1 postdoctoral fellow, 1-2 field placement externs

Number of hours/week externs work: 8-10 (Wednesdays all day and Warmline call coverage)

Pay: None at this time



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720-777-1234 | [childrenscolorado.org](http://childrenscolorado.org)

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**Contact Information:**

Children's Hospital Colorado  
Department of Psychiatry and Behavioral Sciences  
13123 E. 16<sup>th</sup> Ave., B130  
Aurora, CO 80045  
Main Phone: 720-777-6200  
FAX: 720-777-7309

**Supervising Faculty/Staff**

**Jennifer J. Paul, PhD, 2005, University of Connecticut**

*Primary Programs - Healthy Expectations Clinic, Warm Connections in WIC*

- Birth to five/infant mental health specialist
- Perinatal mental health
- Psychology training and supervision
- Trauma and child abuse/neglect
- Infant and early childhood assessment
- Parent-infant psychotherapy
- Infant mental health consultation