

Externship Site

Goucher College Counseling Center
1021 Dulaney Valley Road, Towson, MD 21204

- Site:** Outpatient
 Inpatient
- Community Mental Health
 Hospital
 Government
 School Placement
 University Counseling Center
 Private Practice

Population

- Adult
 Child
 Both

Special Population: *University students*

Clinical Experiences

- Extern Opportunities:** Individual Therapy
 Group Therapy
 Couples Therapy
 Assessment
 Research

Therapy Model: *Students are expected to carry a caseload of 8-10 clients for short-term individual psychotherapy. Options may be available to co-lead a psychotherapy group or a psychoeducation seminar as well. There is no specific theoretical orientation that must be used at this training site.*

Assessment: *Psychodiagnostic assessment and risk assessment are used in the service of delivering short-term individual psychotherapy.*

Supervision

Primary Supervisor/Training Director Name: *Monica Neel, Psy.D.*

Primary Supervisor/Training Director Qualifications: *Clinical Psychologist*

Supervision: Individual (**Frequency:** *One hour per week*)

Group (**Frequency:** *One hour per week.*)

Additional Information: *Predoctoral externs will rotate through two supervisors, Monica Neel, Psy.D. and Doug Girard, Psy.D. Information on each supervisor is provided below. In addition to weekly individual supervision, externs will also have a weekly group Didactics Seminar and will participate in a weekly Case Conference with other staff members.*

Monica Neel, Psy.D. - Monica has had the privilege of working with students at Goucher since 2010. She enjoys this work immensely because of the opportunity to witness, on a daily basis, the self-discovery that is hallmark to the identity development of emerging adults. Monica views the therapy process as a collaborative relationship that promotes self-compassion, adaptive coping, empowerment, and future resilience. Drawing from principles of mindfulness, acceptance, and emotion regulation, she believes that individuals possess a unique capacity to connect with their own internal wisdom and path to wellness. While she has experience addressing most psychological issues confronted by adolescents and adults, Monica has specialized training in treating individuals coping with trauma, anxiety (including OCD), depression, grief/loss, and the psychological impact of injury/illness. She also works extensively with individuals who struggle with eating disorders and substance abuse. Monica is a licensed psychologist who has been practicing in the Baltimore area since 2002. She obtained both her master's and doctoral degrees from the Clinical Psychology program at Loyola University in Maryland. Following graduation, she completed a 2-year postdoctoral fellowship in the Baltimore Regional Burn Center of Johns Hopkins University School of Medicine.

Doug Girard, Psy.D. - Doug is a licensed psychologist, and obtained his master's and doctoral degrees in Clinical Psychology from Loyola University Maryland. Doug works with depression, anxiety, stress, relationship difficulties, family conflict, self-esteem, trauma, abuse, cancer/illness, grief/loss, and emotion dysregulation, among other presenting problems. His goal is to help students overcome difficult circumstances, develop greater understanding and compassion for themselves and others, and work towards lives that are more meaningful and satisfying. His work focuses on customizing psychotherapy treatment based on client psychopathology and personality. He specializes in relational psychodynamic psychotherapy, in particular.

Application

Deadline: *TBD.*

Application Requirements: CV
 Cover Letter
 Letters of Recommendation
 Phone Interview
 In-Person Interview
 Other (Please specify:)