

Health Psychology Practicum/Externship

Division of Pediatric & Adult Medical Psychology Health Psychology Services Sandra and Malcolm Berman Brain & Spine Institute Sinai Hospital

Sarah McQuide, PsyD, and Donna Yaffe, PhD are pleased to offer a Health Psychology practicum/externship at Sinai Hospital, beginning in Fall 2019. Dr. McQuide is the Clinical Director of Health Psychology and the primary clinical supervisor of the externship. Dr. Yaffe is a Health Psychologist with 20 years of clinical, administrative, and supervisory experience in Health Psychology and Behavioral Medicine. Prior to working at Sinai, Dr. Yaffe was the Lead Behavioral Medicine Clinician at Chase Brexton Health Care.

Summary of Sinai Hospital Health Psychology Practicum/Externship:

Under the supervision of Drs. McQuide and Yaffe, externs will have the opportunity to provide clinical intervention for the ethnically and socio-economically diverse patient population in Baltimore. Moreover, externs will be able to engage in multi-disciplinary collaboration with neurologists, physiatrists, psychiatrists, neuropsychologists, and other referring providers to coordinate care. Externs will receive a minimum of one hour per week of individual clinical supervision.

A health psychology extern's role may potentially include the following:

- ❑ Conducting clinical health and behavior interventions with Neurology and Physical Medicine & Rehabilitation (PM&R) outpatients at the Brain and Spine Institute (BSI) who are having difficulty adjusting to medical symptoms or diagnoses, struggling to cope with chronic illness, or having trouble adhering to medical recommendations. Treatment may be provided for individuals, couples, families, or groups. Medical illnesses often treated at the BSI include chronic pain, epilepsy, migraine, mild traumatic brain injury (concussion), Multiple Sclerosis, Parkinson's disease, post-stroke symptoms, somatic symptom disorders, etc. Behavioral treatment for sleep disorders, including chronic insomnia, is offered as well.
- ❑ Providing caregiver support services for family members of patients with chronic illness, both in individual and support group format
- ❑ Co-facilitating group treatment programs (i.e., Behavioral Pain Management; Smoking Cessation) and support groups for patients living with chronic illness (i.e., Epilepsy Support Group; Chronic Pain Support Group; Parkinson Support Group)
- ❑ Participating on multidisciplinary treatment teams within the Mild Brain Injury Treatment program and Emerging from Chronic Pain program
- ❑ Conducting Health Psychology program development. Externs may collaborate with BSI administrators and clinicians to design, implement, and assess new clinical programs. Possible programs externs may choose to design include disease-specific support groups or psycho-educational classes.
- ❑ Gaining exposure to administrative matters related to health insurance and advocacy for behavioral health services within a medical setting

Requirements for Application:

CV and cover letter are required to apply; please submit them via email. This externship will be available for a full year running from September 2019 through August 2020 (with flexibility regarding those dates as needed). A Master's degree or clinical license is not required to apply.

Externs will be asked to commit approximately 8-16 hours per week to practicum training, yet this time frame is negotiable based on the extern's interest and availability. One student will be selected for this externship.

Please feel free to call or email Dr. McQuide with any additional questions.

Contact Information:

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