

Graduate Psychology Internship in Rehabilitation Psychology and Neuropsychology at the Burke Rehabilitation Hospital

Director: George M. Cuesta, Ph.D.

Goals:

- To introduce graduate psychology students to the specialties of clinical neuropsychology and rehabilitation psychology in an acute rehabilitation setting.
- To acquire knowledge and skills necessary for evaluation and treatment of neurologically impaired patients in this setting.

Setting: The Burke Rehabilitation Hospital is a 150 bed acute rehabilitation setting located at 785 Mamaroneck Avenue in White Plains, New York. The hospital is easily accessible by both car and public transportation. Interns will work principally on the 60 bed neurological (2nd) floor. This floor consists of three units: Brain Injury, Spinal Cord Injury, and Stroke Rehabilitation.

Patients: Patients are men and women who range in age from 15 to the ninth decade of life. Most patients have suffered sudden and severe disabling neurological illness. Consultation requests also come from other units in the hospital. These patients have respiratory illness, orthopedic illness, amputations, burns, and cardiac illness.

Staff: Interns will work closely with the Director of the Department. Additionally, the intern will join and work with a multidisciplinary staff of professionals. These include the following: Neurologists, Physiatrists, Pulmonologists, Rheumatologists, Orthopedists, Nurses, Rehabilitation Aides, Physical Therapists, Occupational Therapists, Social Workers, Speech and Language Pathologists, and Therapeutic Recreation Specialists. The hospital also has a complementary therapist on the staff.

Duties: Interns will meet with patients daily to provide a number of services including: clinical neuropsychological evaluation and assessment, individual psychotherapy, group psychotherapy, and patient education. Interns will also have the opportunity to work with families providing support and education about adjustment to illness and disability in a family member. Interns will write reports and progress notes on the patients to whom they provide services. Students will make presentations of their work with patients in daily supervision. Interns are expected to be actively involved in research. Development of a research question, development of hypotheses, data collection, data input, analysis of data, and preparation of posters and presentations are activities in which the student can expect to be engaged. The patient workload is carefully assigned to insure it is manageable and equitably distributed among students.

Supervision: Interns will receive at least one 45 minute session of face-to-face supervision each day they are present at the placement with the Director of the Department. Most interns receive more than 90 minutes of supervision per week especially in the initial phase of training while the student is familiarizing her/himself with procedures of the department. When there is a quorum (at least two pre-doctoral interns on any given day), group supervision can also be provided in the form of a clinical case conference from 12:00 to 1:00 p.m.

Didactic Opportunities: Nearly each Thursday at noon, there is a *Neurorehabilitation Luncheon Seminar* wherein a variety of topics related to neurorehabilitation and physical rehabilitation are discussed. The psychologist in the department occasionally presents topics at this seminar. On the second Tuesday of each month from 8:30 to 9:30 a.m., the *Brain Injury Rehabilitation Team Education seminar* takes place. Members of the multidisciplinary team take turns presenting a variety of topics related to the rehabilitation of the brain-injured patient. On the third Tuesday of each month from 8:30 a.m. to 9:30 p.m., the *Spinal Cord Injury Rehabilitation Team Education seminar* takes place. Members of that team take turns presenting a variety of topics related to the rehabilitation of the spinal cord injured patient. *Clinical Case Conferences* take place on a monthly basis wherein outside speakers are invited to make presentations. These take place typically on Wednesdays and are open to all staff in the hospital. *The Didactic Training Seminar* is a weekly forum wherein various topics related to the neuropsychological rehabilitation work are taught by the Director. The day and time of this seminar is determined each semester and depending on the days when interns are present at the placement. A syllabus for this seminar will be developed and distributed at the beginning of each semester.

Research Opportunities: The Rehabilitation Psychology and Neuropsychology Department carries on an active program of collaborative multidisciplinary research. Students are encouraged to participate in the research program. Proper credit is given commensurate with the amount and quality of contribution to the work. Dr. Cuesta holds an appointment as Clinical Assistant Professor of Neuropsychology in Neurology, Department of Neurology and Neuroscience, Weill Medical College of Cornell University. He has had his work published in prominent neuropsychology, neuropsychiatry and neurology journals. Students may also work with other clinical faculty on research projects.

Stipend and Other Benefits: Currently, there is no funding available to provide stipends to interns. Interns are permitted one week per semester of vacation time. While they are not employees of Burke Rehabilitation Hospital, they may take time off on the official holidays designated by the hospital policy. There are a limited amount of funds available for a one day, local, continuing education activity. Each intern is limited to one workshop per semester. Funding is limited to registration fees only. Externs may use the Employee Gym for a small annual fee (\$10.00).

Prerequisites: Predoctoral interns should have completed a minimum of the following coursework (or its equivalent) prior to the start of their externship at Burke: Observation and Interviewing; Psychodiagnostic Assessment; Neuropsychological Assessment; Abnormal Psychology; Theory and Practice of Group Psychotherapy; Theory and Practice of Individual Psychotherapy; Research Methods in the Behavioral Sciences; Statistics in Psychological Research; Ethics in Psychological Practice.

Time Commitment: A minimum commitment of a full semester (spring and/or fall) is expected and preferred. Summer semesters are too abbreviated to meet the needs of the department. Exception to this policy might be granted to doctoral level students with adequate evaluation and assessment coursework and experience. Interns are expected to spend at least two full days a week at the training site. Duty hours are from 8:30 a.m. to 4:30 p.m.

Application: Interested students should send a letter of interest, copy of curriculum vita, and transcript of grades to Dr. Cuesta. This packet may be emailed with attachments to gcuesta@burke.org or sent by mail to Burke Rehabilitation Hospital, 785 Mamaroneck Avenue, White Plains, New York 10605 with attention to Dr. Cuesta.

Websites: To learn more about the Burke Rehabilitation Hospital, see our website at www.burke.org. For more information about Dr. Cuesta, see his website at www.neuropsychologistwestchester.com.

Completed: 17th July 2003

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