

**Youth Stress & Mood Program: Medical Psychology Externship
Semel Institute**

SUMMARY: This program provides training focused on youth depression, suicide prevention, and reducing health risk behaviors (e.g. obesity risk, substance use, smoking, risky sex).

Supervised experience is available in diagnostic evaluations, cognitive-behavior therapy, family education and treatment, individual and group treatment approaches, and other interventions. The emphasis is on evidence-based evaluation, treatment, and clinical decision making. The program provides clinical training within the context of a clinical service with a strong research component. Treatment and services trials are in progress funded by the National Institute of Mental Health (NIMH) and other organizations. These projects focus on suicide and suicide attempt prevention, treatment of youth depression, and improving health and reducing health risk behaviors.

Available openings: 2

Hours: This requires a full year commitment of 10-12 hours a week, typically in the late afternoons and early evenings; choice of days and times are flexible but must be approved by the externship director. Clinic typically meets on Thursdays 2pm-5pm, with additional supervision on Friday afternoon from 2:00 -4:30. This site begins Sept each year and ends either July 1 or September 1 of the following academic year.

Clientele: Children and adolescents with depression, suicidal tendencies, as well as adolescents and young adults with health risk behaviors or at risk for health risk behaviors.

SCAFTP Member: _____

Activities: Students will be housed in Dr. Asarnow's laboratory at 300 Medical Plaza and will use available laboratory telephones and computers. Mail will be through department of psychology and the faculty will be available by pager for emergencies. Students will participate in evaluations and interventions per program protocols (see above).

Special Requirements: We accept graduate students in good standing from clinical psychology programs. To date, our graduate students have included third and fourth year graduate students from the UCLA Clinical Psychology Program. Both of the graduate students completing our externship to date have elected to continue for another year.

Supervision: Dr. Joan Asarnow will assume primary supervisory responsibility. Dr. Robert Suddath will also participate in supervision. Supervision and evaluations will be completed and documented using standard procedures for psychology students. Supervision will be individual, supplemented by group supervision during clinic rounds. All NPI & H and Mental Health Group procedures will be followed.

Application Procedure: Interested students should submit a letter of interest, current CV, and 2 letters of reference (preferably current or previous supervisors) by March 1st.

Students will be contacted for an interview. Application material may be submitted to Dr. Joan Asarnow via e-mail at crankel@mednet.ucla.edu or through mail. This is not a captive site, selection will occur within SCAFTP terms.

Contact: Joan Asarnow, Ph.D., Director of Youth Stress & Mood Program: Medical
Psychology Externship Training
Professor of Psychiatry & Biobehavioral Sciences
Semel Institute for Neuroscience & Human Behavior
University of California, Los Angeles
760 Westwood Plaza
Los Angeles, CA 90024-1759
TEL.: (310) 825-0408
FAX: (310) 206-4446
jasarnow@mednet.ucla.edu