

Externship in Psychology

2026 to 2027 Training Year

Locations	Albany, NY and Ithaca, NY
Positions	1 to 4 externs per site, based on space and supervisor availability
Start date	Late August or September preferred; other start dates considered based on program needs
Schedule	Two days per week preferred; two-semester placement preferred; onsite only
Stipend	A small stipend based on the number of days worked
Applications	Rolling; send to Jeannette Correa, PhD, jeannette@mindwellcenter.com

PROGRAM OVERVIEW

MindWell Psychology, LLP provides high-quality, evidence-based outpatient mental health care for children, families, couples, and adults. With clinics in Ithaca, NY; Albany, NY; and Burlington, VT, we serve clients both in person and through telehealth. For the 2026 to 2027 training year, externship positions are available at our Albany and Ithaca locations.

Our externship program is designed for advanced students who have successfully completed at least one prior clinical placement. Supervision is provided by licensed clinicians experienced in evidence-based care. We welcome applications from students in doctoral programs in clinical, counseling, or school psychology, as well as social work and professional counseling programs. To ensure continuity of care for our clients, short-term placements are not available, and preference is given to applicants seeking a two-semester placement.

TRAINING TRACKS

Adult Track

The Adult Track provides training in evidence-based outpatient care for adults ages 18 and older. Externs deliver empirically supported treatments for concerns such as ADHD, anxiety, depression, OCD, PTSD, and eating disorders. Approaches primarily include cognitive behavioral therapies (CBT, ACT, and DBT) and may incorporate mindfulness-based and interpersonal techniques. Training includes individual supervision and group consultation, with opportunities to co-lead groups.

Child and Adolescent Track

The Child and Adolescent Track focuses on evidence-based treatment for children, adolescents, and families. Externs address concerns such as ADHD, anxiety, depression, ODD, PTSD, and neurodivergence, using CBT, parent training, ACT, DBT, and mindfulness-based approaches. Training includes individual supervision, group consultation, and collaboration with caregivers and other stakeholders, such as teachers.

Advanced Couples Therapy Track (Albany Only)

This advanced track offers one position each year. Externs are supervised by clinicians experienced in the Gottman Method or Emotionally Focused Therapy (EFT) and carry a caseload of up to 30% couples therapy cases, with the remainder individual clients. Training covers intake assessments, individual supervision, and group consultation.

Track requirements:

- Fourth or fifth year doctoral student status
- Attendance at biweekly couples therapy case consultation (Wednesdays, 11:00 am)

SUPERVISION AND TRAINING

Externs receive weekly individual supervision and take part in regular group consultation with other trainees. Didactic seminars, tailored to externs' training needs, are held during the fall semester. In the spring semester, externs present case studies to strengthen their case conceptualization skills.

Externs may also:

- Collaborate with members of our multidisciplinary team
- Consult with teachers and other stakeholders about client needs (Child and Adolescent Track)
- Receive supplemental supervision from postdoctoral fellows

CASELOAD AND SCHEDULE

- Maximum caseload of five clients per day
- Two days per week preferred
- Onsite attendance is required; remote placements are not available

HOW TO APPLY

We accept applications on a rolling basis. Please send the following to Jeannette Correa, PhD, Director of Clinical Training, at jeannette@mindwellcenter.com:

1. Letter of interest specifying your desired track(s) and location(s)
2. Curriculum vitae
3. Two letters of recommendation from current or former clinical supervisors
4. One deidentified assessment report

Once we receive your materials, we will schedule interviews with at least two staff clinicians. Interviews may be conducted remotely.