

★ Soffer & Associates Clinical Psychology Externship (NYNJADOT)

Traditional APPIC Brochure — 9-Month Training Program
2025–2026 Training Year

PROGRAM OVERVIEW

Soffer & Associates is a multidisciplinary, lifespan-oriented psychological practice serving New York and New Jersey. Our **9-month clinical psychology externship** offers doctoral students the opportunity to train in a warm, highly skilled, and scientifically grounded clinical environment.

Externs receive supervised training in:

- Evidence-based psychotherapy across the lifespan
- Psychodiagnostic & neuropsychological assessment
- Executive functioning & performance interventions
- Health psychology & behavioral medicine
- Trauma-informed care
- Family and systems-oriented work
- Group therapy delivery and curriculum development
- Interdisciplinary collaboration

Our approach blends **precision assessment, personalized intervention, and compassionate, culturally informed care.**

TRAINING MODEL

Our externship follows a **practitioner-scholar / scientist-practitioner hybrid model** that emphasizes:

- Warm, collaborative, culturally responsive clinical care
- Evidence-based practice integrated with reflective practitioner development
- Precision diagnostic assessment
- Sophisticated case conceptualization
- Ethical decision making
- Professional identity development

Externs receive **graduated responsibilities**, supportive supervision, and exposure to specialty training opportunities across the practice.

TRAINING OBJECTIVES

Externs will develop competency in:

Clinical Interviewing & Assessment

- Intake evaluations across children, adolescents, adults, and older adults
- Differential diagnosis
- Use of standardized testing (psychodiagnostic, ADHD, learning, cognitive)
- Brief neuropsychological screen protocols
- Assessment-informed treatment planning
- Professional-level report writing

Psychotherapy Interventions

- CBT, ACT, DBT-informed treatment
- Insight-oriented psychotherapy
- Relational and systems-based intervention
- Emotion regulation & distress tolerance
- Executive functioning coaching
- Health behavior change interventions

Professionalism & Ethics

- Clinical documentation
- Legal & ethical standards
- Cultural humility & DEI competencies
- Communication with families, schools, physicians, and interdisciplinary partners

Consultation & Interdisciplinary Collaboration

- Coordination with psychiatrists, pediatricians, schools, legal partners, and specialists
- Providing feedback sessions with clarity and compassion

Optional Advanced Training Tracks

Externs who desire additional specialty experience may opt into extended training opportunities, including:

- **DBT-informed care & advanced emotion regulation training**

- **Neuropsychology exposure**, including supervised participation in testing, scoring, and feedback sessions
- **Interdisciplinary collaboration**, including medical, legal, or educational system interfaces
- **Group therapy curriculum development and facilitation**
- **Health psychology / medical adjustment cases**

These specialty experiences are **optional** and adapt to trainee interests and clinical readiness.

POPULATION SERVED

Externs will work with a diverse patient population reflecting the full scope of the Soffer & Associates practice:

- Children with anxiety, emotional dysregulation, perfectionism, ADHD
 - Adolescents navigating identity, school stress, mood concerns, or transitions
 - College students and emerging adults with anxiety, depression, executive functioning challenges
 - Adults experiencing relationship patterns, trauma histories, medical conditions, or burnout
 - Older adults facing cognitive change or medical adjustment
 - Individuals with chronic illness, autoimmune disorders, or complex health concerns
 - Athletes & performers
 - Families & couples
 - Clients from diverse linguistic, cultural, and socio-economic backgrounds
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TRAINING ACTIVITIES

1. Psychotherapy (4–8 cases depending on experience)

Externs carry individual cases across lifespan groups and modalities. Treatment includes:

- CBT, ACT, DBT-informed protocols
- Narrative and psychodynamic approaches
- Parent sessions and family-informed care
- Performance / executive functioning interventions
- Medical adjustment and health psychology interventions

2. Assessment Training

Externs have opportunities in:

- Psychodiagnostic evaluations
- ADHD and learning assessment
- Mood and personality clarification
- Cognitive screening
- Structured behavioral assessment
- Participation in neuropsychological evaluations (observation → scoring → selected administration as appropriate)

Assessment exposure is adapted to comfort, skill, and interest.

3. Group Therapy

Externs may co-lead or assist in development of:

- DBT-informed emotion regulation skills groups
- Executive functioning & life navigation groups
- Emerging adulthood groups
- Mindfulness & resilience groups
- Parenting support groups

4. Didactics

Weekly didactics include:

- Differential diagnosis
- Psychotherapy process and skills
- Neuropsychology & brain-behavior relationships
- Cultural humility & identity-informed care
- Health psychology and mind-body integration
- Case presentations
- Ethics and professional development
- Trainee topics of interest (DBT / ACT etc)

5. Consultation & Collaboration

Externs join interdisciplinary consultations with:

- Schools and learning specialists
- Pediatricians and medical specialists
- Psychiatrists
- Physical therapists & performance medicine clinicians

- Forensic partners (when appropriate)
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SUPERVISION

Externs receive robust supervision consistent with APPIC expectations and modeled after gold-standard programs:

- 1 hour/week of individual supervision minimum
- 1–2 hours/week of group supervision
- Additional informal consultation readily available
- Live or recorded supervision opportunities may be included
- Supervision from licensed psychologists and neuropsychologists with specialty expertise

Externs are evaluated formally at mid-year and end of year, with ongoing formative feedback throughout.

PROGRAM STRUCTURE

Duration:

9-month training year (September–May)

Schedule:

- 2–3 days per week
- 14–18 hours/week
- Hybrid: in-person + telehealth
- One evening preferred for patient availability

Required Components:

- Psychotherapy hours
 - Assessment hours
 - Documentation time
 - Supervision (Fridays)
 - Weekly didactics (Fridays)
 - Optional groups or specialty tracks
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EVALUATION

Externs receive:

- Mid-year evaluation (Month 4–5)
- Final evaluation (Month 9)

Evaluations address:

- Assessment competency
- Intervention skills
- Cultural humility
- Ethical practice
- Documentation
- Professionalism & interpersonal effectiveness

Externs also complete self-assessments to support reflective practice.

ELIGIBILITY REQUIREMENTS

Applicants must be:

- Enrolled at Fordham University's **APA-accredited** PhD or PsyD program in Clinical, Counseling, or School Psychology
- Have prior psychotherapy or clinical research experience
- Have foundational skills in assessment
- Demonstrate professional maturity, cultural humility, and strong interpersonal abilities

APPLICATION PROCEDURE

Required Materials:

- CV
- Cover letter describing interest and fit
- One letter of recommendation
- Graduate transcript (unofficial acceptable)

Submission Instructions:

Send materials to:

Micah Savin, PhD

Clinical Neuropsychologist & Training Director

Soffer & Associates

Email: micah@drariellasoffer.com

Website: www.drariellasoffer.com

Timeline:

- Applications reviewed on a rolling basis
- Priority deadline: January 15
- Final deadline: March 1
- Interviews conducted via Zoom

TRAINING FACULTY

(Each will be condensed for brochure format; full bios included in the Handbook)

Ariella Soffer, Ph.D. – Founder, Practice Director, Child/Adolescent/Families, Performance Psychology

Micah Savin, Ph.D. – Clinical Neuropsychologist & Health Psychologist, Training Director

Jacqueline Howe, Ph.D. – Clinical Director, Assessment Director

Charity Wijetunga, JD, Ph.D. – Forensic & Clinical Psychologist

Jill Stadterman Guarecuco, Ph.D. – Health Psychologist

Emily Weinberger, Ph.D. – Child, Adolescent & Trauma Psychologist

Jonathan Vogelman, Ph.D. – Assessment Specialist

Janine Weisenbeck, LMSW, JD – Family Systems Clinician