

Rusk Rehabilitation FAQ

Program Structure and Rotation

1. What clinical rotations will I complete during the year?

- a. Depending on your track, if you are on the adult rotation, you will complete an outpatient and inpatient rotation. Outpatient rotation consists of neuropsychological evaluations, individual and group therapy, and cognitive remediation. The inpatient rotation may be split into two: LOH (Langone Orthopedic Hospital and HCC9 (the medically complex unit).
- b. **For pediatric interns:** Pediatric interns complete two main rotations—one at LOH and one at NYU Brooklyn Park Slope, each lasting six months. This rotation pertains to your neuropsychological assessment supervisor. For 6 months, you will report to LOH to work with Dr. Thies on Thursdays to conduct your neuropsychological report. For the next six months, you will attend the NYU Brooklyn Pediatric Park Slope location to work with Dr. Locascio. These rotations affect your Thursday assessment and your report-writing time. There are other rotations that you can complete during the year, such as the NICU Follow-Up clinic with Dr. Zaccario. You will also have rotations to perform individual psychotherapy and cognitive remediation therapy.

2. How long are rotations?

- a. The outpatient rotation is typically 6 months, and your inpatient rotation(s) may be split into two equal parts (e.g., 3 months LOH, 3 months HCC).
- b. **For pediatric interns:** Rotations are typically 6 months, but there are opportunities to do some rotations all year if you want (e.g., NICU clinic, psychotherapy).

3. Will I work with the same supervisors across rotations, or does supervision change?

- a. Your supervisors will change depending on the rotation you are currently in. You will have an individual supervisor for neuropsychology, cognitive remediation, and individual psychotherapy. Inpatient supervision is a lot more in the moment; however, if you prefer a structured time, your supervisor is typically more than happy to accommodate. The only consistent supervisor you will have throughout the year is Dr. Connor, who you will meet weekly!

- b. **For pediatric interns:** Same as the adult track interns, your supervisors will change depending on the rotation you are in. You have different supervisors for the different locations/rotations. The style of supervision is variable depending on both your preferences and your supervisor's preferences. You will also meet with Dr. Connor consistently all year for weekly supervision!

4. How many patients will I typically see each week?

- a. It completely depends. In the outpatient rotation, you are typically scheduled in 3 groups which have anywhere between 6-11 patients, 3 individual psychotherapy cases, 1 neuropsychological evaluation, 1-2 mental health intakes, and 3 cognitive remediation patients. It sounds like a lot because it is, but you will adjust, and you have the support of your supervisors to help with the transition. The inpatient rotation patient load really depends on how many beds are filled at the moment. Regardless, you can expect to see 3-4 patients a day for intakes and/or check-ins.
- b. **For pediatric interns:** This depends completely on the rotation and structure of the rotation. Typically, you will complete one neuropsychological assessment per week. However, in the NICU follow-up clinic, we often test 3-6 children a day. The caseload of therapy patients is typically 1-2 and can vary for the other rotations depending on your workload/preferences. Similarly, on inpatient rotations, you can see as many as 6 patients in a day, but it depends on how many referrals there are.

Supervision and Training

1. How many supervisors will I have, and how often will I meet with each of them?

- a. You will always meet with Dr. Connor weekly throughout the year. On the outpatient rotation, you will have 3 additional supervisors (see above) that you will meet with weekly. On the inpatient rotation, you will have 1-2 supervisors with whom you will have weekly supervision; however, it tends to be more in the moment and not at a set time.
- b. **For pediatric interns:** You will also meet with Dr. Connor weekly throughout the year. You will meet with your other supervisors typically once per week while you are on their rotation.

2. How formal vs. informal is supervision? Can I pop in with questions?

- a. This totally depends on the style of your supervisor; however, there is always an open-door policy! If you have any questions while you are completing a report, writing notes, or something pressing comes up during a session, you are always welcome to message your supervisor. They are there to support you and want to see you grow. Nevertheless, always come prepared with something to talk about in supervision during your weekly meetings – whether that's about caseload, professional development, or personal development.
- b. **For pediatric interns:** This also depends entirely on the supervisor for the pediatric rotations. However, you can always ask questions either in person or over email! The same recommendations for preparing for supervision apply for the pediatric interns.

Didactics and Seminars

1. When are didactics scheduled, and are they mandatory?

- a. Didactics are every Tuesday from 3:30 pm to 5:30 pm at ACC. Your neuroanatomy seminar with Dr. Erlanger takes place from 3:30 pm to 4:30 pm, and your cognitive remediation seminar takes place from 4:30 pm to 5:30 pm with Dr. Langenbahn. Seminars are mandatory, and you are expected to be in person.

2. Are interns expected to present during didactics?

- a. Yes, the interns will present two times throughout the year—one during the Thursday morning staff meetings and the second time during the neuropsychology seminar.

Schedules and Logistics

1. What is the typical weekly schedule at each rotation?

- a. All interns receive 0.5 hours of weekly supervision with Dr. Connor in addition to weekly clinical supervision with direct supervision. She is always available to meet with you outside of scheduled supervision.
- b. Weekly Seminars:
 - i. Fridays
 1. 8:30–9:30 am — Seminar with Dr. Gordon
 2. 9:30–10:30 am — Leadership Seminar
 - ii. Tuesdays
 1. 3:30–4:30 pm — Neuroanatomy Seminar
 2. 4:30–5:30 pm — Cognitive Remediation Seminar
- c. Outpatient (ACC/OPA):
 - i. Caseload
 1. 4 individual psychotherapy cases
 2. 3–4 cognitive remediation cases
 3. 1 neuropsychology evaluation
 4. 1 mental health intake
 5. Co-lead 3 weekly groups with supervisors
 - ii. Administrative & Clinical Responsibilities
 1. Complete detailed chart reviews
 2. Call patients to schedule sessions (administrative staff assists with adding them on Epic)
 3. Complete documentation in Epic **by the end of each day**
 4. Enter billing codes for all documented clinical work in Epic

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30				Psychotherapy #3	Seminar (Dr. Gordon)
9:00	Neuropsychology Supervision	Psychotherapy #1			
9:30			Dr. Connor Sup		Leadership Seminar (Dr. Connor)
10:00			Group #2		Psychotherapy #4
10:30					
11:00		Group #1		Group #3	
11:30					
12:00	Mental Health Intake				
12:30					
13:00		Psychotherapy Supervision	Psychotherapy #2	Cog Rem #3	
13:30					
14:00	Neuropsychology Eval	Cog Rem #1			
14:30					
15:00			Cog Rem #2	Cog Rem #4	
15:30		Neuroanatomy Seminar			
16:00					
16:30		Cognitive Remediation Seminar		Cog Rem Supervision	
17:00					
17:30					

d. Inpatient (LOH):

i. Caseload

1. 1–3 intakes per week
2. Follow up with patients 1–2 times per week
3. Co-treat with PT/OT/SLP/Recreational Therapies as needed
4. Complete neuropsychological evaluations as clinically indicated

ii. Group Work

1. Co-lead **Coping Skills Group** (Fridays 3–4 pm)
2. Co-lead **Stroke Education Group** (Thursdays 2–3 pm; as needed)

iii. Other Responsibilities

1. Complete detailed chart reviews and EMR documentation
2. Represent psychology at **interdisciplinary team conferences** (Mondays, Wednesdays, Fridays at 2 pm)

e. Inpatient (HCC9)

i. Caseload

1. 2-4 intakes per week
2. Follow up with patients 1-2 times per week
3. Co-treat with PT/OT/SLP/Recreational Therapies as needed

ii. Other responsibilities

1. Complete detailed chart reviews and EMR documentation
2. Participate in interdisciplinary team conferences (Mondays, Wednesdays, Fridays from 11:30 am–12 pm and 1 pm–2:30 pm)

- f. **For pediatric interns:** This is dependent on your specific rotation, but I would say it tends to be around 9 am–5 pm. Your exact schedule and location tend to change day to day for the pediatric intern rotations. It sounds overwhelming but it will come together and feel more manageable and consistent once you get your schedule set. The benefit is that you have some control over how you schedule everything.

2. What is the dress code?

- a. The dress code is business casual (i.e., slacks, blouses, skirts, dresses that cover shoulders and knees).
- b. Jeans and leggings are not allowed.
- c. We do not wear scrubs on the inpatient unit.

3. How do I find out more about medical insurance? How much is it?

- a. Once you are onboarded, you'll have access to an internal website where you can navigate to the Human Resources tab and click on Health Care Benefits. The monthly cost will depend on which plan you choose.

4. What are the addresses of the hospital rotations?

- a. ACC: 240 E 38th St, New York, NY 10016
 - i. You will go to the 17th floor
- b. LOH: 301 E 17th St, New York, NY 10003
 - i. You will go to the 5th floor
- c. HCC9: 550 1st Ave, New York, NY 10016
 - i. You will go to the 9th floor

5. Do I need to complete onboarding procedures, such as background checks and health screenings, in person?

- a. While completing these steps in person is often the most straightforward option, they can be done virtually if you are located within the United States. Please note that onboarding portals are not accessible from outside the country. Allow at least 14 days to receive medical clearance.

6. Do I need to get fit-tested for N95 masks?

- a. Yes, even if you are starting on the outpatient rotation, you will still need to complete this step as it is required for the inpatient rotations.

7. Do I need to track my hours?

- a. It's always a good idea to keep track of your total hours worked. This becomes especially important if unexpected situations arise—for example, changes to visa requirements for international students or the need to take extended time off. Having accurate records will help you and your supervisors navigate these situations smoothly.

Work Culture and Expectations

1. What is the atmosphere like at Rusk – is it formal, laid-back, collaborative?

- a. The atmosphere at Rusk is very collaborative. You are viewed as a colleague, and staff will treat you as such. There is a strong sense of mutual respect and teamwork across the disciplines. The environment is also welcoming and supportive, making it easy to ask questions, contribute to discussions, and learn from others.

2. What is the level of independence expected of interns?

- a. This will vary across the year. At the beginning of the year, your supervisors will likely check in with you more frequently, attend more sessions, and have a more hands-on approach until both of you feel more comfortable in your role. As the year progresses, however, you will definitely become more independent and feel a shift within yourself. Your supervisor will likely know when you are ready for more independence before you feel ready, so trust when they give you an extra challenge. They will never put you in a situation that you can't handle. This is all part of the growing process.

3. Are there opportunities to work with the postdocs?

- a. While there aren't formal opportunities to collaborate with the postdocs on clinical or research work, you are more than welcome to discuss professional and personal development with them! Utilize them during the postdoc process; they will be more than happy to go over your CV and any materials you are planning to submit. As always, discuss with Dr. Connor if something is of interest to you and see what opportunities there are to collaborate.

Professional Development

1. How does the internship prepare me for postdoctoral positions in neuropsychology or rehab psych?

- a. Training at Rusk provides you with a wealth of knowledge and resources that you are encouraged to utilize. Not only will the rotations prepare you for a position in both neuropsychology and rehabilitation psychology, but your supervisors can also provide you with additional readings, professional opportunities, and networks that you can begin to build on. You'll gain hands-on experience with diverse patient populations and develop strong assessment, intervention, and interdisciplinary consultation skills. The structure of the internship also allows you to tailor your experiences based on your career goals, and supervisors are very supportive in helping you identify and strengthen areas relevant to your intended postdoc focus.
- b. You can also always ask Dr. Gordon what projects he is working on and see if he would be willing to collaborate on an article and/or blog post with you.

2. Are there opportunities to attend or present at conferences or workshops?

- a. You have five allotted professional days that you can use in any professional capacity, including attending conferences and workshops. Let the team know if you have a poster/presentation accepted! They would be more than happy to help you prepare and schedule your patients around the conference.

International Students FAQs

1. How do I navigate post-doc applications?

- a. It's a good idea to start researching sites early. Before applying, email program directors to confirm whether they accept international applications and to ask how they typically handle visas (e.g., OPT, STEM, OPT, H-1B).
- b. If you are taking the OPT route:
 - i. Apply as soon as you're eligible since processing times can be slow.
- c. If you are taking the H-1B route:
 - i. In most cases, your H1B application can't be filed until you've completed all degree requirements, including your internship.
 - ii. You may need to allow extra time between the end of your internship and the start of your fellowship for visa processing.
 - iii. Discuss your timeline with Dr. Connor, your fellowship site's immigration department, and your own counsel, as specifics can vary case by case.

Other Considerations for Pediatric Interns

1. What current interns want incoming interns to know:

- a. There is a very wide variety of experiences for pediatric interns, which is a great learning experience, but it can be challenging to navigate. It is important to stay organized to keep track of all the different responsibilities we have. We move around a lot during the week, so you need to be able to work from anywhere and make good use of all of the pockets of time you have. That being said, it is manageable and a great way to try a lot of new things and find what you really enjoy.

2. Reflections on internship and leadership seminar:

- a. Leadership seminars are an excellent time to really reflect on yourself, your experiences, your goals, etc., and to bond with your cohort. It is a great opportunity to take time to really think about your strengths and weaknesses and get to know the other interns. We talk about some challenging topics, while also taking time to celebrate our wins of the week. It is a great time to think about your mindset and how you are approaching internship as a whole.

3. Tips and advice from current interns:

- a. Have a great bag to carry around all your stuff so you are prepared to work with or without a dedicated workspace.
- b. Find ways to embrace/enjoy how much we move around during the week, like walking when you can and the weather is nice, and enjoying going to different parts of the city.
- c. Try to keep a good balance! If you are not from New York, make time to enjoy exploring the city and trying new things! Make sure you make time for your hobbies, friends, family, etc., because it helps prevent burnout and makes the internship experience as a whole much more enjoyable!
- d. Lean on your fellow interns and supervisors for support. Rusk has an incredible community that is always available to you. Make sure you ask for help/support when you need it (especially throughout the postdoc application process)!