

2021-22

UCSD/VA PSYCHOLOGY INTERNSHIP TRAINING PROGRAM

Department of Psychiatry
University of California, San Diego
VA San Diego Healthcare System

Co-Directors
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Applicant Manual

Last updated September 2020

Dear Prospective Applicant,

Thank you for your interest in the UCSD/VA Psychology Internship Training Program. In the following pages, you will find detailed information about our internship, including clinical training, didactic experiences, research opportunities, our faculty, and application instructions.

Our program is based on the scientist-practitioner model. As such, we seek competitive applicants interested and experienced in both research and clinical practice, particularly those interested in academic careers. Clinical training and didactic experiences integrate cutting-edge evidence-based techniques with a foundation of established empirically-supported treatments and assessment. We also recognize the importance of diversity represented by our trainees and faculty, as well as in our patients. We encourage those of diverse backgrounds, in all the many ways that diversity is defined, to apply to our program.

Our full-time internship has been accredited by APA since 1986 (Further information about accreditation of this program can be found at: Office of Program Consultation and Accreditation, American Psychological Association, 750 First Street, N.E., Washington, DC 20002-4242, Phone: (202) 336-5979, Fax: (202) 336-5978, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation). For the 2021-2022 year, interns will earn an annual stipend of \$29,212. Our competitive benefits, both for UCSD and for the VA, include health insurance, paid leave days, and paid holidays.

The COVID-19 pandemic has led our faculty to implement multiple changes in our training program. It is, of course, difficult to predict when a return to “usual” will occur. As such, please note that the following changes will be in effect until the pandemic resolves.

Eligibility requirements: Our faculty understand that trainees may have had disruptions to their practicum experiences during COVID. We intend to review applications with this in mind and appreciate that current candidates may have fewer clinical hours or different clinical experiences than may be typical in a non-pandemic application cycle. As always, however, we will review applications with a “goodness of fit” lens rather than adhere strictly to number of clinical hours accrued by each applicant.

Recruitment: Recruitment for the class of 2021-22 will be strictly virtual. Our faculty will create virtual overviews for each cluster of rotations, i.e., trauma, addictions, specialty mental health, behavioral medicine, neuropsychology and child as well as a virtual overview of the program, in general. Faculty will schedule individual zoom interviews with selected applicants during interview week (January 7-13). Current interns will also be available during interview week for zoom meetings.

Supervision and didactics: If safety precautions necessitated by the pandemic persist until/beyond July 2021, individual and group supervision will continue to be

provided remotely. Similarly, all didactics will be offered via remote platforms (e.g., Zoom or WebEx) for all rotations at all sites.

Assessment: If safety precautions necessitated by the pandemic persist until/beyond July 2021, psychological testing can be offered via remote technology combined with some face-to-face testing, utilizing safety protocols implemented by UCSD and the VA.

Individual/group therapy: If safety precautions necessitated by the pandemic persist until/beyond July 2021, outpatient individual and group psychotherapy can be provided remotely via HIPPA-compliant web platforms, largely from the interns' living space. Interns who do not have living spaces conducive to the remote provision of therapy will, with approval from the Council of Training Directors, be authorized to utilize an office on-site to provide remote intervention. Inpatient individual and group psychotherapy may be able to be provided in a similar matter as described above for outpatient services. In cases where remote service delivery is not possible or practical for inpatients, face-to-face therapy can be conducted, utilizing safety protocols implemented by UCSD and the VA. Decisions about any on site/face-to-face work will also take into account individual trainee situations and needs.

Safety protocols: The VA, UCSD, and Rady Children's Hospital have implemented strict infection control protocols that all employees, including trainees, are required to follow while on-site. Protocols include the use of PPE (mask and shield), the use of gloves and shoe covers in certain circumstances, plexiglass shields, also under certain circumstances, as well as a daily assessment of health and fitness to work. Safety protocols will be enforced until such time as each institution judges the COVID infection risk to have been eliminated. Other yearly requirements, such flu vaccines, will continue to be enforced.



In accordance with regulations established by the federal government, certain criteria have to be met by applicants who are interested in applying to those Positions within our internship that are exclusively housed within the VA. Please see Section 2 for a list of the all-VA Positions. The criteria for applicants are as follows:

1. U.S. citizenship. The VA is unable to consider applications from anyone who is not currently a U.S. citizen. Verification of citizenship is required following selection. All interns must complete a Certification of Citizenship in the United States prior to the start of training within the VA.

2. U.S. citizens who are completing APA- or CPA-accredited doctoral programs are eligible for appointment for VA Psychology Doctoral Internships.

3. Male applicants born after 12/31/1959 must have registered for the draft by age 26 to be eligible for any US government employment, including selection as a paid VA trainee. Male applicants must sign a pre-appointment Certification Statement for Selective Service Registration before they can be processed into a training program. Exceptions can be granted only by the US Office of Personnel Management; exceptions are very rarely granted. Male, for this purpose, is any individual born male on their birth certificate regardless of current gender.

4. Interns are subject to fingerprinting and background checks. Match result and selection decisions are contingent on passing these screens.

5. The VA conducts drug screening exams on randomly selected personnel as well as new employees. Interns are not required to be tested prior to beginning work, but once on staff they are subject to random selection for testing as are other employees.

6. To comply with federal and VA rules and provide interns with liability protection, a current and valid Affiliation Agreement between the VA and the sponsoring doctoral program must be on file before an intern can be appointed. While most APA-accredited doctoral programs already have an agreement on file, it is important that you confirm with your doctoral program, before application, that a valid affiliation agreement has been established. More information is available at: <http://www.va.gov/oaa/agreements.asp> (see section on psychology internships).

7. A Trainee Qualifications and Credential Verification Letter (TQCVL) from the intern's home institution is also required. More information on the specific requirements within the TQCVL can be found at: <https://www.va.gov/oaa/TQCVL.asp>



Those applicants applying for Positions housed exclusively within UCSD must also meet employment criteria. Please see Section 2 for a list of all-UCSD Positions.

Those criteria are:

1. Interns are subject to fingerprinting and background checks and drug screening exams. Individuals with convictions related to job duties are at particular risk of not passing the background check. Individuals with a positive drug screen will undergo further review by the Medical Review Office. Match result and selection decisions are contingent on passing these screens.
-

2. Interns must pass a physical exam and show proof of TB testing. Positive TB tests undergo further review by the Center for Occupational and Environmental Medicine to determine the course of action.

Each of our 19 Positions is comprised of two half-time, year-long placements. Inside our brochure, you will find a list of these 19 Positions and the placements associated with them, as well as detailed descriptions of each placement and the supervising faculty. Please note that 12 Positions are all-VA, i.e., each half of the position is in a clinic located with the VA and falls under VA hiring/HR, and 7 positions are all-UCSD, i.e., each half of the position is in a clinic located within UCSD and falls under UCSD hiring/HR. **Placement combinations are fixed and cannot be changed from what is listed here.**

While you do not have to have extensive experience in both placements of the Position(s) you rank, we do value goodness-of-fit with at least one of the placements within a given Position when selecting applicants for interviews. All applications must be submitted via the APPIC portal. While the portal permits applicants to choose Positions of interest, **please clearly indicate in your cover letter no more than three Positions for which you would like to be considered.**

POSITIONS FOR THE 2021-2022 TRAINING YEAR

For the 2021-2022 training year we have funding for **19 full-time Internship Positions**. Each Position is comprised of **two (or in limited cases three) year-long placements** in which the intern will gain his/her training experience. **Each of the 19 Positions has a separate APPIC match number.** When an applicant matches to the UCSD/VA Psychology Internship, he/she will match into a specific Position, and therefore into a fixed combination of year-long placements for the upcoming training year. **The placements in each Position are fixed for the training year and cannot be changed or substituted with another placement.** The placement combinations for each of the 19 Positions for the 2021-2022 training year are listed in the table below. **When applicants apply to the program, we will request that they indicate their top 3 Positions of Interest.** This will help ensure that the appropriate faculty review relevant applications.

	Placement A	Placement B
	VA Positions	
1	VA Behavioral Medicine: Pain and Weight Control (Rutledge)	VA Primary Care Mental Health Integration (Mauer)
2	VA General Behavioral Medicine (Hekler)	VA Behavioral Medicine: Pain and Weight Control (Rutledge)
3	VA Family Mental Health Program (Wrape)	VA Mood Clinic (Depp/McKenna)

4	VA Mission Valley PTSD Clinic (Farrow)	VA Mood Clinic (Depp/McKenna)
5	VA Mission Valley PTSD Clinic (Campbell)	VA Center of Recovery Education (Perivoliotis/Granholm)
6	VA La Jolla PTSD Clinic (Lacefield)	Dual Diagnosis Recovery Program (DDRP) (Trim)
7	VA La Jolla PTSD Clinic (Lacefield)	VA Alcohol and Drug Treatment Program (ADTP; Petersen)
8	VA Substance Abuse Rehabilitation and Recovery Treatment Program (SARRTP; Wilhite) and VA Smoking Cessation (Myers)	VA Behavioral Health Interdisciplinary Program (Castriotta)
9	VA Neuropsychological Assessment Unit (Bondi/Delano-Wood/Filoteo/Jak)	VA Primary Care Mental Health Integration (Felleman)
10	VA Neuropsychological Assessment Unit (Bondi/Delano-Wood/Filoteo/Jak)	VA TBI Cognitive Rehabilitation Clinic/ VA Neuropsychological Assessment Unit (Hanson)
11	VA Neuropsychological Assessment Unit (Bondi/Delano-Wood/Filoteo/Jak)	VA La Jolla Inpatient Psychiatry (Jacobson)
12	VA ASPIRE Center (Tarasenko)	VA Telemental Health (Poizner, Morland)
UCSD Positions		
13	UCSD Medical Center Neuropsychological Assessment Program (Norman/Gooding)	UCSD Senior Behavioral Health (Malooly/Bangen)
14	UCSD Eating Disorders Clinic (Anderson/Wierenga)	Rady Inpatient Child and Adolescent Psychiatric Services (S.J. Brown)
15	UCSD Eating Disorders Clinic (Anderson/Wierenga)	Rady Inpatient Child and Adolescent Psychiatric Services (S.J. Brown)
16	Rady Inpatient Child and Adolescent Psychiatric Services (S.J. Brown)	Rady Child Outpatient Psychiatry (Williams/Brookman-Fraze)
17	Rady Inpatient Child and Adolescent Psychiatric Services (S.J. Brown)	Rady Child Outpatient Psychiatry (Williams/Brookman-Fraze)
18	UCSD Burn Center and Moores Cancer Center (Minassian/Cardenas)	UCSD Pain Clinic (D'Eon)
19	UCSD Eating Disorders Clinic (Anderson/Wierenga)	Rady Medical Behavioral Unit (Maginot)

Application Procedures

The internship year begins on July 1, 2021. The application deadline is November 1, 2020. By December 15 a select number of applicants will be invited for interviews scheduled in January. Typically, candidates are strongly encouraged to visit San Diego if selected for an interview, however, emergencies (including but not limited to pandemics, weather, or illness) may dictate use of remote interview means. Applicants who are unable to schedule a personal interview for any reason may be interviewed by phone or video conference (e.g., Zoom) when possible. **Recruitment**

for the 2021-22 Internship Class will be entirely remote/virtual.

Applicants will complete and submit the AAPI Online to internship programs of interest. The AAPI can be completed at <http://www.appic.org>. In addition, the usual application packet (cover letter, CV, letters of recommendation, DCT verification of AAPI, graduate transcripts) will all be submitted through the online application portal.

Applicants are asked to rank order **up to three Positions** that define their primary interests and for which they wish to apply (see table above or Appendix D for the list of Positions). **Please clearly list this rank order in your cover letter.**

If you have questions about the application procedures, please call or email our Internship Coordinator, Audrey Bascom:

Phone: (858) 552-8585 x2565

Email: Audrey.bascom@va.gov or pinternship@ucsd.edu

For more information, please see our website at:

<https://medschool.ucsd.edu/som/psychiatry/education/Programs/Pages/psychology-internship.aspx> or feel free to contact us with questions. We wish you luck in the application process!

Sincerely,

Drs. Sandra J. Brown and Amy Jak

Co-Directors, UCSD/VA Psychology Internship Training Program

Tel: (858) 552-8585 x2565 Email: pinternship@ucsd.edu

Internship Program Admissions

Date Program Tables are updated: September 2020

Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program's policies on intern selection and practicum and academic preparation requirements:

Our Internship Program trains doctoral candidates to function as autonomous psychologists in healthcare settings that place a strong emphasis on teaching and research, using the Boulder, Scientist-Practitioner Model. As such, we attempt to recruit students with balanced experiences in both clinical and research domains rather than students with a predominantly clinical professional focus. The majority of our interns develop careers that include a research component.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:

Total Direct Contact Intervention Hours	Yes	No	Amount:
Total Direct Contact Assessment Hours	Yes	No	Amount:

Describe any other required minimum criteria used to screen applicants:

Interns are expected to have completed at least three years of doctoral study before beginning the internship year, including at least 1,000 clinical practicum hours (includes all hours, direct, support, etc.); applicants must be on track to complete this requirement. Given Covid-19 disruptions, some latitude may be given regarding total hours. Applicants should also have proposed their dissertation before applying to this internship. Only students who have completed their departments practicum requirements and whose department indicates that the student is ready for a doctoral internship should apply. Only applicants from APA or CPA accredited doctoral programs in clinical or counseling psychology will be considered.

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	\$29, 212	
Annual Stipend/Salary for Half-time Interns	N/A	
Program provides access to medical insurance for intern?	Yes	No

If access to medical insurance is provided:		
Trainee contribution to cost required?	Yes	No
Coverage of family member(s) available?	Yes	No
Coverage of legally married partner available?	Yes	No
Coverage of domestic partner available?	Yes	No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	13-20 days	
Hours of Annual Paid Sick Leave	0-13 days	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	Yes	No
Other Benefits (please describe): Please see our brochure for full benefits/leave policies.		

*Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table

Initial Post-Internship Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

	2016-2019	
Total # of interns who were in the 3 cohorts	59	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	0	
	PD	EP
Community mental health center		
Federally qualified health center		
Independent primary care facility/clinic		
University counseling center	1	
Veterans Affairs medical center	29	
Military health center		
Academic health center	7	
Other medical center or hospital	2	
Psychiatric hospital	2	
Academic university/department	13	1
Community college or other teaching setting		
Independent research institution		
Correctional facility		
School district/system		
Independent practice setting	2	1
Not currently employed		
Changed to another field	1	

Other		
Unknown		

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.

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General Overview

The University of California, San Diego (UCSD) School of Medicine, Department of Psychiatry, in affiliation with the Psychology Service, VA San Diego Healthcare System (VASDHS), UC San Diego Health, and Rady Children's Hospital offers a 1-year (12-month), full-time, APA-accredited psychology internship in clinical psychology. (Further information about accreditation of this program can be found at: Office of Program Consultation and Accreditation, American Psychological Association, 750 First Street, N.E., Washington, DC 20002-4242, Phone: (202) 336-5979, Fax: (202) 336-5978, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation).



- **19 Intern Positions**
- **Each Position is comprised of two, year-long, half-time rotations.**
- **On each rotation, Interns have one primary supervisor**
- **Training is largely grouped into six clusters: Addictions, Behavioral Medicine, Child, Neuropsychology, Specialty Mental Health, and Trauma (see also, Appendix A)**
- **The program begins each year on July 1.**
- **For the 2021-2022 year, interns will earn a stipend of \$29,212.**

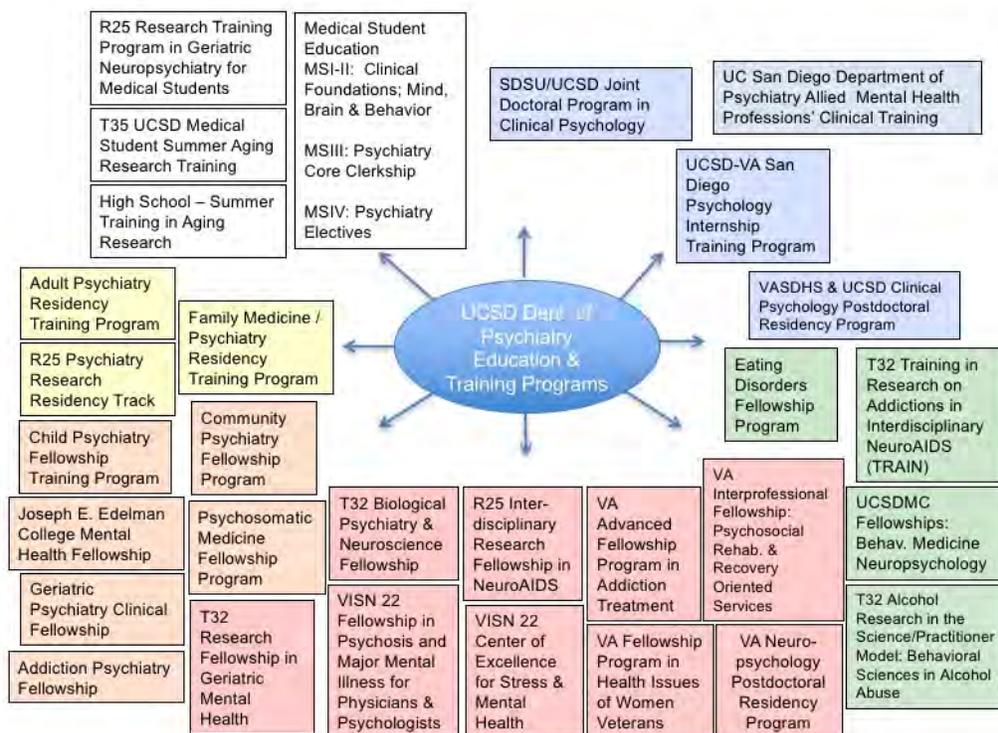


Our program trains doctoral candidates to function as autonomous professionals in a variety of health care settings, with particular emphasis on the role of the psychologist in a sophisticated university-affiliated or VA teaching and research hospital, adult or child outpatient, and inpatient child, adolescent, and adult psychiatric settings. The UCSD/VA Psychology Internship provides a solid grounding in basic clinical skills within a rich array of selective experiences for developing special expertise. The program emphasizes the Boulder, scientist-practitioner model of training in psychology and, therefore, accepts applicants who are oriented more toward research and clinical interests (i.e., academic careers) than those interested in professional psychology.

Since its inception in 1969, the Department of Psychiatry at UCSD has developed into one of the most innovative and vigorous of the academic departments of psychiatry in the country. The department has a strong commitment to the basic neurosciences and to biological psychiatry, but this

is balanced by an equally strong commitment to the understanding of an individual's present feelings, thoughts and behaviors, the interpersonal relationships among family members and significant others, and empirically-validated psychotherapy interventions.

The relationships between the UC San Diego School of Medicine Department of Psychiatry, the VASDHS, Rady Children's Hospital, and UC San Diego Health have long been characterized by a high degree of interdependence in synergistic collaboration. In addition to our Psychology Internship program, many successful joint programs are currently in operation under the umbrella of the UCSD Department of Psychiatry. Noteworthy among these programs is a three-year Residency in General Psychiatry, psychiatric fellowships in geropsychiatry, child and adolescent psychiatry, alcohol and substance abuse treatment, and affective disorders and a Joint Doctoral Program in Clinical Psychology.



See also: <https://medschool.ucsd.edu/som/psychiatry/education/Programs/Pages/default.aspx>

Administration and Faculty

Primary supervisors in the UCSD/VA Psychology Internship Program have academic appointments (or are in progress) in the UC San Diego Department of Psychiatry, and many hold joint appointments with the VA San Diego Healthcare System. The Chairman of the Department of Psychiatry, UCSD School of Medicine and the Chief, Psychology Service VASDHS, have jointly appointed two Co-Directors of Clinical Training (DCT) to administer and coordinate the various psychology training activities of the Internship. The DCTs are also charged with carrying out the policies and procedures proposed by the Psychology Internship Training Committee (PITC) and

approved by the Department Chairman and Chief Psychologist. The administrative office of the Training Program is housed in the Psychology Service at the VASDHS.

The PITC consists of all of the primary supervisors for the UCSD/VA Psychology Internship Program. The PITC is involved with the details of interns' clinical training plans, evaluations, curricula, seminars, and workshops, requests for special training experiences, grievances, probation decisions, major policy decisions and changes to training procedures. This committee meets approximately quarterly throughout the year to conduct appropriate business and participate in the program's planning, implementation and self-study evaluation. By serving on this committee, supervisors participate actively in these activities.

In addition to the Training Directors and the PITC, educational activities for interns in the Department of Psychiatry are overseen by the Psychiatry Education Council (PET). The PET is a multidisciplinary group of faculty and training directors that has been charged with the oversight of all training programs in the Department of Psychiatry. Among its many functions, PET acts as an advocacy group for trainees. Trainee representatives from all training programs are also members of PET.

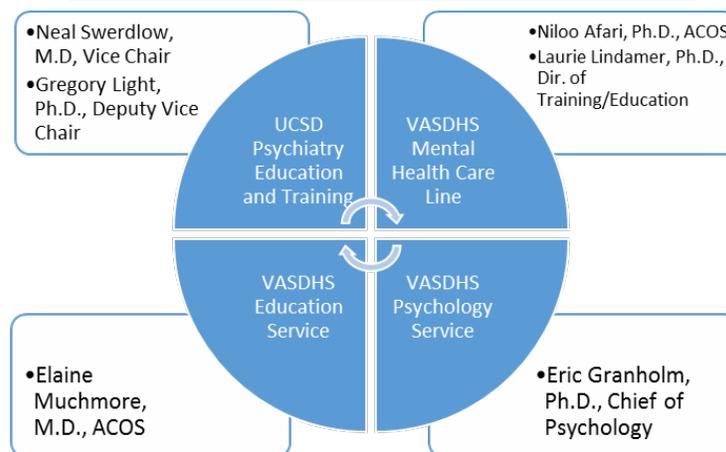
- Each year one or more interns are chosen to represent their class on the training committee.

The Internship Faculty

Brief bios for each of the approximately 40 doctoral level psychologists who are part of the PITC are also provided in Section 3. Psychologists in all settings are engaged in patient care, professional training, and program evaluation or clinical research. Collectively, the faculty has many ongoing research grants and has published a great number of articles, books, and book chapters.

UCSD PSYCHIATRY and VASDHS TRAINING LEADERSHIP

Zafiris (Jeff) Daskalakis, M.D.
Chairman, Department of Psychiatry



**PSYCHOLOGY INTERNSHIP PROGRAM
ORGANIZATIONAL CHART**

Sandra J. Brown, Ph.D., ABPP
Co-Director of Internship Training

Amy Jak, Ph.D.
Co-Director of Internship Training

PSYCHOLOGY INTERNSHIP TRAINING COMMITTEE (PITC)

Leslie Anderson, Ph.D.
Katherine Bangen, Ph.D.
Mark W. Bondi, Ph.D.
Lauren Brookman-Fraze, Ph.D.
Sandra J. Brown, Ph.D.
Lisa Campbell, Ph.D.
Natalie Castriotta, Ph.D.
Veronica Cardenas, Ph.D.
Lisa Delano-Wood, Ph.D.
Maya D'Eon, Ph.D.
Colin Depp, Ph.D.
Victoria Farrow, Ph.D.
Benjamin Felleman, Ph.D.

J. Vincent Filoteo, Ph.D.
Amanda Gooding, Ph.D.
Eric Granholm, Ph.D.
Karen Hanson, Ph.D.
Andrea Hekler, Ph.D.
Mark Jacobson, Ph.D.
Amy Jak, Ph.D.
Katharine Lacefield, Ph.D.
Tamara Maginot, Ph.D.
Ashley Malooly, Ph.D.
Cortney Mauer, Ph.D.
Benjamin McKenna, Ph.D.
Leslie Morland, Psy.D.
Arpi Minassian, Ph.D.

Mark G. Myers, Ph.D.
Marc Norman, Ph.D.
Angela Petersen
Dimitri Perivoliotis, Ph.D.
Jeffrey Poizner, PsyD
Joshua Ruberg, Ph.D.
Thomas R. Rutledge, Ph.D.
Melissa Tarasenko, Ph.D.,
Ryan S. Trim, Ph.D.
Christina Wierenga, Ph.D.
Katherine Williams, Ph.D.
Emily Wilhite, Ph.D.
Elizabeth Wrape, Ph.D.

Our Internship Coordinator is Audrey Bascom
Phone: (858) 552-8585 x2565
Email: Audrey.bascom@va.gov or pinternship@ucsd.edu

Objectives, Goals, and Core Competencies

The fundamental objective of our program is to facilitate the development of competent professional psychologists who are ready to assume the responsibilities of an entry level doctoral psychologist position. Our internship training is directed towards developing nine basic core professional competencies expected of an entry level doctoral level psychologist.

Competencies

1 Assessment and Diagnosis: Competency in conducting clinical interview-based assessment and in administering and interpreting basic psychological tests in the areas of intellectual assessment, basic cognitive assessment, and personality assessment; familiarity with the prevailing diagnostic procedures, e.g., ability to assign appropriate diagnoses to individual patients; ability to communicate findings and recommendations orally and in writing in a clear and concise manner.

2 Intervention and Treatment: Competency in conducting individual and group counseling/psychotherapy across a variety of problems and populations; familiarity with empirical findings concerning the efficacy of psychotherapy; an understanding and knowledge of empirically supported therapeutic approaches for specific mental disorders.

3 Supervision: Familiarity with and understanding of methods and theories of supervision; competency in supervising other trainees under the supervision of members of the psychology faculty

4 Professional values, attitudes and behaviors: Demonstration of sound professional clinical judgment and behavior in the application of assessment and intervention procedures with individuals; timely completion of work, on-time attendance at required meetings, sessions, seminars, supervision, etc.

5 Ethical and Legal Standards: familiarity with and understanding of professional and legal standards in professional psychology; a thorough working understanding of APA ethical standards, understanding of and adherence to one's scope of practice; patient risk management and confidentiality.

6 Individual and Cultural Diversity: Demonstration of understanding of and sensitivity to human diversity issues in the practice of psychology; familiarity with empirical findings pertaining to diversity issues in assessment and diagnosis, tests and measurement, psychopathology, interventions and treatment; awareness of one's own cultural and ethnic background and its impact on therapeutic relationships.

7 Research/Scholarly Inquiry and Application of Scientific Knowledge: Demonstration of understanding and knowledge of strategies of scholarly inquiry; awareness of current empirical studies in major professional practice journals; competency in reviewing and integrating relevant scholarly literature to assist in clinical problem solving; independent ability to critically evaluate and disseminate research (e.g., case conference, scientific conference presentation, and/or publication), locally, regionally, or nationally.

8 Consultation and Interprofessional/interdisciplinary skills: demonstration of ability to facilitate patient care or exchange of scientific, psychological, or professional information within an interdisciplinary team or professional setting.

9 Communication and interpersonal skills: demonstration of both professional and interpersonal communication skills.

The internship experience involves training that extends and integrates the intern's basic academic program with the core competencies identified above. Interns have a shared responsibility in designing and planning the internship experience in collaboration with their primary supervisors, Program Co-Directors, and the Psychology Internship Training Committee (PITC). This process is intended to ensure that the intern's training plan is cohesively aligned with the intern's overall graduate or professional school training plan, and that the internship provides a coherent progression from the basic knowledge and practical clinical skill competencies achieved in the academic program to the core practice competencies that are to be acquired in the internship. Upon completion of the internship, interns are prepared to assume an entry level doctoral psychology position in inpatient and outpatient adult and child medical, psychiatric and mental health settings.

Clinical Activities

The 12-month training year begins with clinic-specific orientations that introduce interns to their assigned training sites. During the orientation period, faculty advisors begin to evaluate the intern's strengths and weaknesses with respect

to psychological assessment and psychotherapy and the competencies described above. This evaluation involves a review of previous clinical experience and training recommendations from the interns' home university, if available. Results of the evaluation period are used by faculty and interns to determine which training activities to emphasize during the year and lead to development of appropriate and personalized training goals. One of the outstanding features of this program is the flexibility that an intern and his or her advisors have in developing an individualized training experience for the year.

Opportunities for the interns range from diagnostic evaluations and neuropsychological assessments to brief crisis-oriented therapy to individual and group evidenced-based psychotherapy. Training is available in a variety of therapeutic modalities, including individual, couple, family, and group. Our program emphasizes empirically based psychotherapies, and supervision is available in many theoretical orientations, including cognitive-behavioral interventions, motivational interviewing, several trauma focused interventions (e.g., Prolonged Exposure, Cognitive Processing Therapy) and third wave interventions (e.g., Acceptance and Commitment Therapy, Dialectical Behavior Therapy, mindfulness). Assessment opportunities also vary depending on site and supervisor, from a strong emphasis on neuropsychology at the VASDHS, UCSD, and CAPS to a greater emphasis on developmental and general cognitive factors at the outpatient child facilities. Please see Internship Sites and Rotation Descriptions for more details related to opportunities involved in each clinic.

Psychological Assessment

Psychological assessment plays an integral role in the services of a clinical psychologist. Most of the rotations offered by the internship involve a significant amount of psychological assessment using a variety of population-specific test instruments. Interns will obtain intensively supervised psychodiagnostic assessment experience.

- **Interns will aim to complete a minimum of eight integrated written assessment reports during the training year.**
- **An integrated psychological testing report includes a written integration of the review of history, results of an interview and at least two psychological tests from one or more of the following categories: personality or symptom measures, intellectual tests, cognitive tests, and neuropsychological tests.**

Seminars

There are a number of seminars available to the intern during the course of the year.

- **All the interns are required to attend the weekly Psychology Internship Seminar Series. This seminar is a broad based survey of topics applicable to psychology trainees at the internship level of training (see Appendix B for the schedule and individual lecture**

description). It includes both expert and interactive lectures as well as opportunities for socialization of the intern cohort. It also includes an intern case presentation series.

- Each intern will present at least one empirically informed case at this seminar during the course of the year. Case presentations are approximately 45 minutes in duration, can be focused on an intervention or assessment case, and will also include a discussant (typically a supervisor, group co-leader, etc.). The oral presentation will also include PowerPoint slides detailing the case as well as empirical literature supporting and informing treatment or assessment decisions. This presentation is a requirement for successful completion of the internship.

Many other seminars are available and may be elective or required depending on the rotation and setting in which the intern is assigned. A sampling of these seminars are listed below and described in greater detail in the **Rotation Descriptions** section.

- **Behavioral Medicine Seminar:** Within the VA, interns from multiple rotations attend this seminar which focuses on relevant issues in behavioral medicine. The seminar is multidisciplinary and is also attended by residents in Psychiatry and in Pharmacy. At UCSD, the seminar is focused on didactic training in clinical practice and professional development. At the outset of the training year, the seminar is held weekly until the Fall when the seminar occurs once per month. Doctoral trainees from various local graduate programs also attend. The monthly seminar includes a case conference and didactics specifically on behavioral medicine clinical topics, as well as reading and discussion of relevant academic journal articles.
- **Psychosocial Rehabilitation Seminar:** This seminar meets weekly for 60 minutes and focuses on the recovery model and delivery of recovery-oriented evidence-based psychosocial rehabilitation interventions for Veterans with psychotic disorders. Twice per month on every 2nd and 4th Tuesday, CBT for psychosis training and peer supervision are conducted during the seminar for trainees who provide psychotherapy. This seminar is required for the intern placed in CORE.
- **Evidenced-Based Psychotherapy Seminar:** This seminar is multidisciplinary and includes psychologists, social workers, psychiatrists, pharmacists, peer support staff, and nursing. The focus of the seminar is on “mini-pearls” regarding topics related to mental health care in mood disorders in a team environment. The seminar involves trainee participation in leading didactics after a core curriculum from faculty on the assessment, pharmacologic, and psychotherapeutic management of mood disorders is completed.
- **Clinical Neuropsychology Seminar:** This weekly seminar runs from approximately September to June each year and is for neuropsychology

trainees at any level. It is designed to meet the American Board of Clinical Psychology and Houston Guidelines recommendations for neuropsychological training. Weekly lectures are provided by faculty experts on a wide range of neuropsychological topics (e.g., Parkinson's disease, Huntington's disease, Dementia with Lewy Bodies, Multiple Sclerosis, Pharmacology in Dementia, Epilepsy, Neurology for Neuropsychologists, TBI, Cognitive Rehabilitation).

- **Substance Use Disorders Seminar:** Beginning in the fall, there is a 15 week didactic series with presentations and trainings in diverse substance use disorders topics, i.e., co-occurring conditions, behavioral addictions, pharmacotherapy, medicinal cannabis, etc. These lectures are given by experts in SUD research and treatment from the VA, UCSD, Scripps, and the community. The course is designed to meet California pre-licensure education requirements for psychologists.
- **Eating Disorder Seminar:** Weekly didactics are taught by in-house and visiting experts on topics relevant to treating eating disorder patients.
- **PTSD Training Seminar:** This seminar is for psychology trainees and covers a range of topics related to the assessment and treatment of PTSD, with faculty presentations covering both relevant research and clinical perspectives. The seminar also typically includes case presentations from trainees. In the fall, a 3-day workshop on the implementation of CPT is coordinated for all interns in trauma-related rotations.
- **Child Psychiatry Seminar:** This seminar is designed to address issues related to the assessment and treatment of children with psychopathology. The seminar is attended by psychology interns, residents in Psychiatry, Fellows in child and adolescent psychiatry, as well as by child-focused faculty. This seminar is supplemented by a monthly Child and Adolescent Grand Rounds series which is devoted to pediatric psychology and psychiatry.

Seminars provided as part of the internship training program serve several functions. First, the seminars provide an opportunity for the intern to acquire a specialized body of knowledge pertaining to their professional interest(s). Second, they allow the interns to expand their knowledge within a specific domain, such as behavioral medicine. Seminars also contribute to development of core competencies. While a significant variety of required and optional lectures are given each week throughout the program, interns should expect to spend three to four hours per week in didactic activities.

Supervision

Quality supervision is a particular point of emphasis in our program.

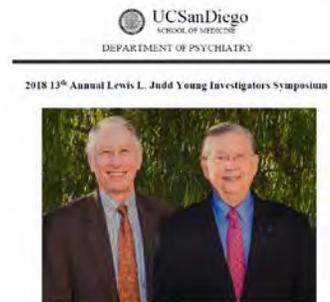
- **All interns receive at least one hour individual, face-to-face supervision each week in each rotation (for a minimum of two hours of individual supervision weekly).**
- **In both of their rotations, interns will also receive at least one additional hour of supervision, often in the context of group supervisions and/or team meetings where additional training occurs.**

All supervision is an interactive educational experience between the intern and the supervisor and is evaluative, hierarchical, extends over time, and has the simultaneous purposes of enhancing the professional functioning of the more junior person. Supervision includes monitoring the quality of professional services offered to the clients that the intern sees and serves a gatekeeper function for those who are to enter the particular profession (Bernard & Goodyear, 2009). All interns will receive direct observation from their supervisor as a component of supervision. Depending on the capabilities of the specific clinics, supervision will include review of video recorded therapy/assessment sessions, co-therapy with faculty or other senior therapists, or live observation to allow for in vivo supervision. Use of review of audio recorded sessions can also supplement, but not replace, live/video supervision.

Research

Intern applicants who have a demonstrated interest in a research-oriented academic career are excellent candidates for this internship training program. Protected research time is not a formal component of the internship but concurrent with clinical training. Interns may choose to join any number of ongoing clinical research projects, to initiate an approved and sponsored project on their own or to continue to work on their dissertations. Each intern will also present an empirically informed case conference presentation within the seminar series (see Seminars, above).

- **Interns are required to attend the UCSD Department of Psychiatry Judd Symposium each spring (typically falls around April 15 each year) and present their research at this symposium. Submission of an abstract (and presentation if accepted) and attendance at the Symposium is a requirement for successful completion of the internship.**





This symposium is named after Lewis L. Judd, M.D. who served as the second Chair of the UC San Diego Department of Psychiatry from 1977-2014. While encouraging the strong research portfolio of the Department, Dr. Judd was passionate also about educating the next generation of scholars and clinicians. He wished to create an environment where clinician scholars could interact with basic science trainees and faculty to enhance intellectual cross-fertilization. In recognition of Dr. Judd's foresight and passion for research education, this symposium was named in his honor in 2014. See also: https://psychweb.ucsd.edu/public/event_plugin/docs/2018_Symposium_Program_FINAL-201804131250.pdf

Additional participation in research outside of an intern's home institution will be limited until an intern has defended his or her dissertation. The vast majority of our internship graduates go on to obtain research and/or teaching oriented fellowships and positions in academic settings, many of them right here at UCSD.

Internship Sites and Rotation Descriptions

Each of the internship sites has its own unique set of opportunities and responsibilities. A description of each site follows. Please note that an intern cannot possibly participate in all the options at each site. However, the intern plays a fundamental role in formulating his or her training program. A unique strength of the UCSD/VA Psychology Internship Program is its commitment to providing the intern with a well-rounded clinical experience while remaining flexible with regard to the intern's specific needs and interests. Because of the diversity of available experiences, there is no "typical" schedule for an intern. However, Interns are expected to maintain a case load in each rotation that aims to provide 12-14 hours of direct service each week. The remaining hours involve supervision, didactics, professional development, preparation for patients, and documentation.

Below is a description of each of the Internship training sites followed by a detailed description of the placements according to six emphasis areas: Addictions, Behavioral Medicine, Child, Neuropsychology, Specialty Mental Health, and Trauma. The detailed descriptions also identify the training site for each placement. Please see Appendix A for a list of Positions.

The VA San Diego Healthcare System (VASDHS)

The VASDHS is a modern 300 bed general medical and surgical medical center situated adjacent to the University of California at San Diego and is closely affiliated with the UC San Diego School of Medicine. The VASDHS is located 10 miles north of downtown San Diego and just one mile inland from the community of La Jolla on the Pacific Ocean.

The VASDHS has approved residency training programs in medicine, surgery, anesthesia, neurology, pathology, psychiatry, radiology, and audiology. The medical staff is augmented by outstanding physicians, dentists, nurses, consultants, research investigators, and medical attendings in various specialties. There are over 2,500 full- and part-time professional and administrative staff members.

The VASDHS Mental Health Care Line has extensive inpatient and outpatient mental health facilities located in the main hospital in La Jolla. The entire

second floor of the VA Medical Center La Jolla medical center is almost exclusively inhabited by mental health (psychology, psychiatry, social work, nursing, and pharmacy) services. Veterans with a wide range of mental illnesses and behavioral problems are offered care at the VASDHS, including those with serious mental illness, such as schizophrenia and bipolar disorder, other mood disorders, psychiatric problems stemming from medical illnesses, posttraumatic stress disorder (PTSD), substance use disorders, sexual trauma, interpersonal trauma, somatoform disorders, personality disorders, and a wide range of family and interpersonal problems. There are 28 acute care psychiatry beds, including 14 psychiatric intensive care beds and 10 beds assigned to the Neurobehavioral Assessment Unit. In addition, there is a Substance Abuse Residential Rehabilitation Treatment Program (SARRTP) and comprehensive aftercare program for veterans with substance use disorders and their families. There is a 20 bed Spinal Cord Injury Unit, offering inpatient and outpatient services. Patient care activities in the mental health outpatient programs include psychiatric admissions, crisis intervention services, medication clinics, and individual, couple, family, and group therapies. There is an outpatient mental health clinic located on the second floor, staffed by multi-disciplinary treatment teams that provide over 29,000 outpatient visits per year. Patient care activities in the outpatient programs include psychiatric admissions, crisis service, diagnosis, specific medication clinics, neuropsychological assessment, and individual, couple, family, and group therapies, with an emphasis on empirically supported treatments. And, within primary care clinics, there is also a Psychology presence.



The Psychology Service at the VASDHS represents one of the most academically oriented staffs in the Department of Veterans Affairs hospital system. Currently, the service is staffed by clinical psychologists, along with psychology technicians, vocational rehabilitation specialists, peer specialists, and administrative support staff. Many of the major sub-specialties of professional psychology are represented on the staff, including clinical psychology, neuropsychology, geropsychology, couple and family therapy, addiction treatment, behavioral medicine, trauma specialists, specialists in treating serious mental illness, psychology/primary care integration, and related psychology research. There are complete facilities at the VA for computer-assisted psychological testing and all medical records charting is done electronically.

Interns may also train in VA Community Based Outpatient Clinics (CBOCs) in Mission Valley/Mission Valley Rio Clinic, or Sorrento Valley, all located within easy driving (or VA shuttle) distance from the main hospital. The CBOCs house outpatient care including behavioral medicine, primary care/mental health integration, the Family Mental Health Program, and trauma programs. Interns have the opportunity to work in rotations at both the main hospital and the Mission Valley location. The VA ASPIRE Center is also a training site for interns. This 40-bed residential treatment facility serves Iraq and Afghanistan Veterans and is located

in the Old Town neighborhood of San Diego. The VA VISN 22 Telemental Health Center is also located in the same facility.

UC San Diego Health

The UC San Diego Health System is San Diego's only academic medical center. It maintains two professional schools: UC San Diego School of Medicine and Skaggs School of Pharmacy and Pharmaceutical Sciences with over 1,431 faculty members, 2,370 students, postdoctoral fellows, residents and \$761 million in faculty research awards (FY2019). The system maintains a two-campus operation, integrating research, teaching and clinical care at locations in Hillcrest and La Jolla. Each medical complex supports acute in-patient care and a spectrum of outpatient primary and specialty medical and surgical services, including ambulatory and emergency patient care. The combined capacity of the UC San Diego Medical Center in Hillcrest (390 beds), the new Jacobs Medical Center in La Jolla (364 beds),



and Sulpizio Cardiovascular Center (54 beds) is over 800 beds. UC San Diego Medical Center in Hillcrest, established in 1966, currently serves as a core clinical teaching site for the UC San Diego School of Medicine and the focal point for community service programs. It houses several specialty care centers that allow the urban campus to serve as a major tertiary

and quaternary referral center for San Diego, Riverside and Imperial counties. These care centers include the area's only Regional Burn Center, a Comprehensive Stroke Center, the region's most comprehensive multi-organ transplant program, and one of only two Level I Trauma Centers in the county. The La Jolla campus, is home to Jacobs Medical Center, which opened in 2016, and Moores Cancer Center, the primary site for outpatient oncology care and the region's only National Cancer Institute-designated Comprehensive Cancer Care Center, with nearly 350 medical and radiation oncologists, surgeons and researchers. The UC San Diego Eating Disorders Center for Treatment and Research is located at the Chancellor Park Outpatient Clinic, approximately 5 minutes by car from the main UCSD campus and the VASDHS. The program provides day treatment and intensive outpatient treatment for adolescents and adults with eating disorders. It is staffed by a multidisciplinary treatment team consisting of psychologists, social workers, psychiatrists, marriage and family therapists, nurses, and dietitians. In addition to clinical treatment of individuals with eating disorders, there is an active research program including fMRI and genetics research, and treatment development and outcomes research.

Rady Children's Hospital

Rady Children's Hospital and Health Center is the major comprehensive pediatric health care facility for San Diego County and a core site of practice for the UCSD Division of Child Psychiatry. Rady Children's Hospital has had a long-standing relationship as a teaching facility for the Child Psychiatry division of UCSD Department of Psychiatry. It is located about nine miles southeast of the UC San Diego Health La Jolla and



VA Medical Centers in La Jolla and about 5 miles from the UC San Diego Healthcare Center in Hillcrest. There are 200 beds at Rady Children's Hospital for acutely ill inpatients as well as extensive outpatient services in more than 37 specialized clinics. As part of the affiliated divisions of Rady Children's Hospital and Health Center, the Children's Outpatient Psychiatry Clinic serves the diverse needs of children and their families from San Diego and Imperial Counties. The clinic is the largest provider of county funded outpatient services for youth and also serves as a teaching facility for clinical psychology training, general psychiatry residents, fellows in Child Psychiatry, and graduate students in social work and counseling. Rady Children's Hospital also houses the Child and Adolescent Psychiatric Services (CAPS) program, a licensed inpatient unit that provides empirically supported assessment and treatment to a largely under-served population of children and adolescents. The clinical team is composed of UCSD faculty who have active leadership roles within both UCSD and Rady Children's Hospital. CAPS is an integral part of a broad system of healthcare within the County of San Diego and is an important component of the Departments of Psychiatry, both at UCSD and at Children's Hospital. The multidisciplinary treatment team provides comprehensive, empirically-based services to a population of severely mentally ill children and adolescents between the ages of two and eighteen in individual, group, and family modalities. The rotations at Rady's provide opportunities to learn intervention strategies as well as specialized assessment techniques, such as pediatric neuropsychological evaluation. It is a rich training environment through which doctoral interns, practicum students in clinical psychology, fellows in child psychiatry, residents in adult psychiatry, and medical students electing rotations in child and adolescent psychiatry rotate. The multidisciplinary treatment team includes psychiatrists, psychologists, psychology interns, pediatricians, and fellows in child/adolescent psychiatry, social workers, nurses, and pharmacists.

Rotation Descriptions

Behavioral Medicine Focus:

1 VA Behavioral Medicine: Pain, diabetes, and Weight Control

Overview: This placement involves assessment, treatment and multidisciplinary experience in three distinct medical clinics: anesthesia pain clinic, weight control clinic, and diabetes clinic.

Supervision: Supervision comprises both individual and group-based experiences. These activities occur weekly.

Assessment and Treatment Opportunities: Students will provide a range of groups (e.g., pain groups, MOVE classes), assessment (e.g., bariatric surgery evaluation, pre-procedure pain evaluations), and individual psychotherapy (1:1 therapies for behavioral medicine goals). Cognitive behavior therapy is the primary treatment modality but there are also opportunities for training in motivational interviewing and ACT therapies.

Didactics/Team Meetings: Students may attend three separate rounds: 1) weekly diabetes clinic rounds; 2) bimonthly weight control clinic rounds; and 3) monthly pain clinic rounds.

Research Opportunities: There are multiple opportunities to develop new research or become involved in existing research depending on the interest of the student.

Primary Location: La Jolla VA Medical Center

Patient Population: Veterans receiving care at VASDHS

Number of Staff in Clinic: 30+ (mostly non-mental health staff)

Number of Trainees in Clinic: There are typically two-three psychology students in the placement, including practicum students, interns, and fellows. Trainees in allied health disciplines are also present but vary in number.

Primary supervisor: Tom Rutledge, PhD, ABPP. **Dr. Rutledge** received his Ph.D. in clinical psychology from the University of British Columbia in 1999. He completed his internship at the Toronto Hospital, and a postdoctoral fellowship specializing in the study of behavioral factors in cardiovascular disease at the University of Pittsburgh. Dr. Rutledge is a Professor In-Residence with the UC San Diego School of Medicine, and a clinical psychologist in the Psychology Service at the VA Medical Center. He is board certified in clinical health psychology by the American Board of Professional Psychology. Dr. Rutledge directs the behavioral medicine services in the Weight Control Clinic in La Jolla and provides chronic pain assessment and treatment services for the Anesthesia Pain Clinic. Each of these clinics is comprised of multidisciplinary provider teams in which psychology offers a variety of services ranging from consultation, to treatment, and research. Dr. Rutledge provides clinical supervision for these rotations to practicum students in the UCSD/SDSU Joint Doctoral program and to psychology interns in the VA/UCSD psychology internship program. Training in these clinics includes a strong focus on rehabilitation and health behavior change.



<http://profiles.ucsd.edu/Thomas.Rutledge>

2 UC San Diego Pain Clinic

Overview: Faculty and trainees serve as behavioral medicine specialists in the multidisciplinary treatment team at the UCSD Center for Pain Medicine located at UC San Diego Health Medical Offices. The clinic operates under the auspices of the Department of Anesthesiology and serves a patient population representing a wide range of chronic pain diagnoses.

Supervision: Interns have weekly individual (narrative and audiotape) and group supervision. Group supervision is with other UCSD behavioral medicine trainees at all levels. The intern will also obtain experience in supervising a practicum student.

Assessment and Treatment Opportunities: Interns will have the opportunity to conduct and interpret biopsychosocial assessments including: 1) Pre-procedure psychological evaluations of patients considered for invasive surgical techniques (including intrathecal pump and spinal cord stimulator procedures); 2) Chronic opiate psychological evaluations that inform treatment decisions made by pain physicians regarding use of opiates and other psychological factors that may impact response to treatment; 3) General psychological evaluations of patients with co-morbid psychiatric issues, prescription medication and illicit substance abuse problems, and other behavioral/coping-related problems. Trainees co-facilitate ongoing Pain Management psychotherapy groups, and provide short-term, individual psychotherapy using cognitive behavioral interventions, motivational and acceptance therapies, and mindfulness meditation practices.

Didactics/Team Meetings: The multidisciplinary treatment team meets once per month to review patient cases conducted by our service. Interns present information from the biopsychosocial evaluations to the Pain team including pain physicians, psychiatrists, and nurses, and participate in the discussion of relevant psychological and medical issues. Weekly group supervision/didactic seminars feature case presentations and lectures on topics relevant to behavioral medicine and the practice of psychology.

Research Opportunities: The intern presents his or her own research at the didactic seminar.

Primary Location: UC San Diego Health La Jolla Medical Offices

Patient Population: Primarily adults presenting with a wide range of chronic pain diagnoses.

Number of Staff in Clinic: Approximately 20 pain and psychology fellows and attending physicians, nurses, and administrative staff.

Number of Trainees in Clinic: Up to 5 psychology trainees (1 intern, up to 4 practicum students).

Primary Supervisor: Maya D'Eon, Ph.D. **Dr. D'Eon** earned her doctorate from the San Diego State University/University of California San Diego Joint Doctoral Program in Clinical Psychology, with a focus in Behavioral Medicine. She completed her pre-doctoral internship at the UCSD/VA Pre-Doctoral Psychology Internship Program, and her post-doctoral fellowship at UCSD in the Department of Psychiatry. She joined the UCSD Health Sciences faculty in the Department of Psychiatry in October 2017. She also serves as a Faculty Psychologist and Clinician-Educator in the UC San Diego Pain Psychology Clinic and Assistant Program Director of General Psychiatry Services.



<https://profiles.ucsd.edu/maya.deon>

3 VA General Behavioral Medicine

Overview: The VA San Diego General Behavioral Medicine team provides empirically-supported assessments and therapies for primary and tertiary care patients for whom psychological issues are impacting their health status, thus, serving veterans with a variety of physical and mental health conditions. The clinic aims to improve veterans' physical health and mental wellbeing by promoting healthy life styles, assisting patients to change health compromising behaviors, encouraging treatment compliance when coping with chronic illness, and assisting with management of chronic conditions. The Behavioral Medicine team works closely with professionals from a variety of specialty areas (e.g. primary care, gynecology, neurology, pulmonary, nephrology).

Supervision: Interns receive individual and group supervision. Opportunities for review of audio taped sessions are available.

Assessment and Treatment Opportunities: Interns will lead or co-lead 1-2 psychoeducational groups per week (e.g., pain, emotional eating, insomnia), conduct full psychosocial intake interviews including behavioral and mental health assessments as necessary, and provide brief individual intervention. Additionally, the intern will provide consultation to other providers in primary care and other specialty clinics, and give lectures in multidisciplinary programs such as tobacco cessation, insomnia, and weight control groups. The intern also has the opportunity to perform pre-transplant evaluations. Primary treatment approaches include CBT, ACT, IPT, and MI.

Didactics/Team Meetings: Interns in the General Behavioral Medicine placement will attend the weekly Behavioral Medicine Seminar, which includes presentations, trainings, and consultations by/with experts on a variety of topics relevant to behavioral medicine settings. Interns will also attend the weekly clinic team meeting.

Research Opportunities: Interns may participate in co-writing manuscripts if interested.

Primary Location: Mission Valley VA Outpatient Clinic

Patient Population: Male and female veterans from all conflicts (e.g., Vietnam War, Korean War, Iraq and Afghanistan). Typical patient problems include chronic medical conditions (e.g., diabetes, obesity), somatic symptoms (e.g., fatigue, pain), health-threatening behaviors (e.g., noncompliance), maternal mental health and mental health concerns (e.g., stress, depression). For those interested, opportunities exist to work with women's behavioral health populations including women with low sexual interest, those in the perinatal period, and those coping with infertility and/or pregnancy loss.

Number of Staff in Clinic: 2

Number of Trainees in Clinic: 2-3

Primary Supervisor: Andrea Chambers Hekler, Ph.D. **Dr. Hekler** is a clinical psychologist and supervisor for the VA Behavioral Medicine rotation. She completed her predoctoral training at the Salem VA Medical Center in Virginia and her postdoctoral training at the Stanford Center for Sleep Sciences and Medicine at Stanford University. She has a Diplomate in Behavioral Sleep Medicine. She serves as a staff psychologist at the VASDHS in primary care mental health integration (PCMHI), as well as the clinic coordinator for the Behavioral Medicine service. She is one of three Women's Mental Health Champions for VASDHS and coordinates with the Maternity Care Coordinator and Gynecology to provide mental health services to women veterans coping with maternal mental health issues. Her clinical interests are focused on the assessment and treatment of mild to moderate mental health and medical conditions, sleep disorders, and maternal mental health. She primarily utilizes evidence-based treatments, such as Cognitive Behavioral Therapy, Interpersonal Psychotherapy, and Motivational Interviewing.

4 UC San Diego Health Regional Burn Center

Overview: The UC San Diego Health Regional Burn Center is a surgery service that provides treatment to burned adults and children. The intern works with inpatients and their families in the 8-bed Intensive Care Unit and the 10-bed Special Care Unit. Duties include: (1) psychological/psychiatric intake interview to assess psychiatric disorders and substance abuse, (2) interventions and provision of support for patients and families in coping with physical injuries and treatment (behavioral interventions for acute pain, responses to trauma, discussion of body image concerns, brief motivational interviewing for substance use-related injuries), and (3) providing recommendations to multidisciplinary staff. The intern will learn about burn care and the physical and psychological effects of burn injury. S/he works closely with other medical disciplines, combines assessment and brief intervention in the span of a few sessions, and tailors recommendations to fit with the fast-paced trauma care environment.

Supervision: Individual supervision (narrative and "live") as well as a one-hour weekly behavioral medicine group supervision. The intern will also obtain experience in supervising a practicum student.

Assessment and Treatment Opportunities: Bedside interventions with patients and family members, using techniques from CBT, mindfulness, MI, and ACT. Psychological testing is limited to brief cognitive and symptom screens. The intern will also gain knowledge in psychopharmacology and assessment and treatment of delirium.

Didactics/Team Meetings: The intern attends weekly multidisciplinary rounds with the Burn Team where s/he discusses assessment and treatment recommendations. Didactic seminars feature case presentations and lectures on topics relevant to behavioral medicine and the practice of psychology. The intern can also attend weekly education seminars on the Burn Service.

Research Opportunities: The intern presents his or her own research at the didactic seminar.

Primary Location: UC San Diego Health, Hillcrest.

Patient Population: Children, adults, and families of all ages with burns or skin disorders such as chronic wounds, Stevens-Johnson's Syndrome, and others.

Number of Staff in Clinic: Approximately 30 physicians, mid-level providers, nurses, rehabilitation therapists, social workers, pharmacists, dietitians, child life specialist, and others.

Number of Trainees in Clinic: 2-3 (one intern, 1-2 practicum students)

Primary Supervisor: Arpi Minassian, Ph.D. **Dr. Minassian** received her doctorate from the California School of Professional Psychology-San Diego. She completed her predoctoral internship in the UCSD/VA Psychology Internship Training Program and continued at UCSD as a post-doctoral fellow in the NIMH Fellowship in Biological Psychiatry and Neuroscience. She joined the faculty of the Department of Psychiatry and is currently a Clinical Professor. Her research interests center on psychopathology and brain functioning, specifically how psycho-physiological measures can be informative about cognitive and behavioral dysfunction in severe psychiatric illnesses and substance use disorders. Dr. Minassian's clinical work is primarily focused upon consultation- liaison and bedside therapeutic interventions with hospitalized medically ill patients. She is the psychologist at the UCSD Regional Burn Center, where her duties include psychological assessment, pain management, and psychotherapy, and psychiatric consultation-liaison for burned adults and children. She supervises psychology trainees at the Burn Center, the Pain Clinic, and at other rotations on the Neuropsychiatry and Behavioral Medicine Service. Dr. Minassian serves as Chief of Embedded Behavioral Medicine and is a member of the Psychiatry Consult/Liaison team for the UCSD Medical Center.



<http://profiles.ucsd.edu/Arpi.Minassian>

5 UC San Diego Health, Moores Cancer Center (MCC)

Overview: The Psychiatry and Psychology Services at MCC is a full-service psychosocial oncology program. It provides psychiatric evaluation and medication

management as well as evidenced-based individual, couples, family, and group psychotherapy to cancer patients and their caregivers/families. The program also includes a holistic treatment component that may include yoga, art therapy, expressive writing, mindfulness training, relaxation/meditation, and state-of-the-art approaches to non-medication-based treatment of insomnia. MCC offers these services to any cancer patient in active treatment or during survivorship, and to their caregivers and family members.

Supervision: Individual and group supervision.

Assessment and Treatment Opportunities: The focus is on delivery of individual, couples, family and group psychotherapy to treat psychological issues that arise in a cancer setting. Interns will receive education on the medical aspects of cancer diagnosis and treatment. They will conduct intake interviews, develop treatment plans, implement treatment, and plan/implement treatment termination. Cancer patients present with issues specific to their disease, its treatment, and prognosis; however, given that cancer can be viewed as a major stressor, issues not specific to the cancer commonly present and are treated, as well. Existential issues are commonly evoked, such as those associated with significant changes to the body and its function, the possibility of a foreshortened future, and end-of-life planning. Interns will learn to interact with multidisciplinary teams that may include medical, surgical and radiation oncologists, psychiatrists, pharmacists, nurses, social workers and genetics counselors. Interns will also learn to use the EPIC electronic medical record to communicate effectively with other members of the patient's treatment team.

Didactics/Team Meetings: Interns at MCC will attend weekly group supervision and ad hoc didactic presentations.

Research Opportunities: As time and interest permits, interns may participate in research examining archival clinical data and/or any active investigations, and/or co-authoring manuscripts.

Primary Location: UC San Diego Health – La Jolla, Moores Cancer Center, 3rd Floor.

Patient Population: Cancer patients throughout the cancer trajectory (pre-diagnosis; post-diagnosis; in active initial treatment; during survivorship) and their caregivers and/or family members.

Number of Staff in Clinic: 8: 3 Psychiatrists; 4 Psychologists

Number of Trainees in Clinic: 4: 1 intern, 3 practicum students.

Primary Supervisor: Veronica Cardenas, Ph.D. **Dr. Cardenas** is an Associate Clinical Professor of Psychiatry at UCSD and the Associate Director for Training and Education, Psychiatry and Psychosocial Services at the UCSD Moores Cancer Center. She is a bilingual and bi-cultural licensed clinical psychologist. Dr. Cardenas received her doctorate from Pacific Graduate School of Psychology, Palo Alto, and completed a graduate research fellowship at Stanford University, clinical internship at Sharp Mesa Vista Hospital, San Diego and an NIMH postdoctoral fellowship at the University of California, San Diego (UCSD). Her current research interests include evaluating the implementation of evidenced-based mental health treatments in non-traditional mental health settings (i.e. primary



care clinics, cancer treatment centers) with a special emphasis on Latino patients and their families. She provides training and supervision on psychological assessment, diagnosis or ongoing therapy for patient and families who are experiencing issues that are either related to the cancer experience or are interfering with cancer treatment. Her clinical training includes the delivery of individual, couples, family and group interventions using evidenced-based treatments such as CBT, ACT, Problem-Solving Therapy, and Meaning Centered Therapy in a cancer treatment setting.

<http://profiles.ucsd.edu/Veronica.Cardenas>

6 VA Primary Care Mental Health Integration (PCMHI) – La Jolla

Overview: The Primary Care-Mental Health Integration (PCMHI)/Behavioral Medicine Clinic at the La Jolla VA Medical Center provides assessment and evidence-based psychotherapy for veterans presenting with comorbid medical and mental health symptoms within primary care and medical specialty clinics.

Supervision: Weekly one-hour individual supervision (to include both direct telehealth observation, review of audio-recorded sessions and narrative) and weekly group supervision.

Assessment and Treatment Opportunities: Intern will conduct psychological assessments consistent with formulating a biopsychosocial conceptualization of cases and will develop skills in reviewing medical, diagnostic and treatment histories. Intern will also perform mental health evaluations for organ or stem cell transplant procedures and write comprehensive assessment reports. Short-term outpatient individual and group psychotherapy are provided for veterans diagnosed with chronic or progressive conditions such as cancer, diabetes, heart disease and pain. Intern will facilitate groups for chronic medical conditions using Acceptance and Commitment Therapy (ACT) and a psychoeducational group on chronic pain for veterans. Within PCMHI, interns will provide brief assessment, consultation and time-limited behavioral treatment for veterans presenting with symptoms of depression, anxiety, insomnia and adjustment concerns within a primary care setting. Intern will also become proficient at providing telemental health services.

Didactics/Team Meetings: Intern attends a weekly VA Behavioral Medicine seminar, which includes case presentations and didactic presentations on topics such as diabetes management, obesity, and pharmacological management of chronic pain. Intern also attends a weekly interprofessional (psychology, psychiatry and pharmacy) group supervision meeting to discuss complex cases.

Research Opportunities: Intern may co-author manuscripts or poster presentations if interested/available.

Primary Location: VA Medical Center in La Jolla

Patient Population: Male and female veterans (18 through 80+) receiving medical services through primary care or specialty medicine clinics

Number of Staff in Clinic: 6 (3 psychologists, 1 PC-MHI nurse care

manager, 2 psychiatrists)

Number of Trainees in Clinic: 3-4

Primary Supervisor: Cortney Mauer, Ph.D. **Dr. Mauer** is a clinical psychologist and supervisor for the VA PCMHI/Behavioral Medicine rotation. She completed her predoctoral and postdoctoral training at the UCSD/VASDHS in Behavioral and Psychosomatic Medicine. She serves as a staff psychologist at the VASDHS in primary care mental health integration (PCMHI), as well as the clinic coordinator for the Behavioral Medicine service. Her clinical interests are focused on the assessment and treatment of mild to moderate mental health and medical conditions, adjustment to chronic illnesses and women's health issues. She primarily utilizes evidence-based treatments, such as Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, as well as Motivational Interviewing.

<http://profiles.ucsd.edu/cortney.mauer>

Dr. Ruberg received his Ph.D. in Clinical Psychology from the University of Louisville in 2009 after completing his pre doctoral internship at the UCSD/VA Psychology Internship Training Program. He then completed his postdoctoral training in geriatric behavioral medicine at the VASDHS/UCSD Clinical Psychology Postdoctoral Residency Program in the Evidence-Based Psychotherapy Track. Dr. Ruberg is currently an Assistant Clinical Professor in the UCSD School of Medicine, Department of Psychiatry, and a staff psychologist at VASDHS, where he directs the primary care mental health integration (PCMHI) program at the Mission Valley outpatient clinic. His clinical interests include treatment of general mental health conditions within the primary care setting and behavioral medicine interventions for individuals with co morbid mental health and medical conditions. He primarily uses cognitive and behavioral therapies in his practice, with a specific interest in using third wave psychotherapies (incorporating mindfulness and acceptance).

<http://profiles.ucsd.edu/Joshua.Ruberg>

7

VA Primary Care Mental Health Integration (PCMHI) – Mission

Valley

Overview: The VA San Diego Primary Care Mental Health

Integration team in Mission Valley provides mental health services for veterans seen within a busy primary care setting. Interns will work closely with a large team of physicians, nurses, and ancillary providers (e.g., clinical pharmacists, social workers, dieticians) to provide timely and efficient assessment, consultation, and brief psychotherapy services to patients whose care is best served when delivered within the primary care setting. The PCMHI model provides for brief treatment for veterans who experience mild to moderate symptoms associated with mood, anxiety, substance use, and life adjustment concerns.

Supervision: Interns receive individual and group supervision. Opportunities for review of audio taped sessions are available.

Assessment and Treatment Opportunities: Interns will interact with veterans presenting with a broad array of mental health conditions. Interns will conduct brief (20-50 minute) psychological assessments with veterans who are referred for evaluation by their primary care providers, ideally occurring on the same day as the veteran's scheduled primary care visit. Interns will also manage a caseload of individual psychotherapy patients who fit the PCMHI model. Group therapy options include CBT for Insomnia, Mindfulness Meditation, and CBT and ACT for Chronic Pain. Primary treatment approaches include CBT, ACT, and MI. Finally, interns will regularly interact with the primary care team, providing a range of consultation services, including helping to develop treatment plans, assisting with behavioral management of difficult patients, helping to manage patients in acute crises, and collaborating with the provider to help patients make health behavior changes.

Didactics/Team Meetings: Weekly Behavioral Medicine Seminar; weekly clinic team meeting.

Research Opportunities: Interns may participate in co-writing manuscripts if interested/available.

Primary Location: Mission Valley VA Outpatient Clinic

Patient Population: Adult male and female veterans from all conflicts and all ages

Number of Staff in Clinic: 6 (2 psychologists/supervisors, 2 PC-MHI nurse care managers, and 2 psychiatrists)

Number of Trainees in Clinic: 3-4

Primary Supervisors: Benjamin Felleman, Ph.D.

Dr. Felleman received his Ph.D. in Clinical Psychology from Seattle Pacific University. He completed both his predoctoral internship and postdoctoral residency at UCSD and the VASDHS. He obtained specialized training in the delivery of evidenced-based interventions in interdisciplinary settings (e.g., addictions treatment centers, primary care, oncology clinics). Dr. Felleman is a Volunteer Assistant Clinical Professor in the UCSD School of Medicine, Department of Psychiatry, and a staff psychologist in the Mission Valley Primary Care Mental Health Integration (PCMHI) program. His clinical and research interests focus on the delivery of mindfulness and acceptance-based interventions for a variety of behavioral health conditions. Dr. Felleman is actively involved in interprofessional training and is the primary supervisor for the Mission Valley PCMHI rotation.



Specialty Mental Health Focus:

8

UC San Diego Health Eating Disorders Center for Treatment and Research (UCSD EDC) <http://eatingdisorders.ucsd.edu/index.html>

Overview: UCSD EDC provides day treatment and intensive outpatient treatment for adolescents and adults with anorexia, bulimia, BED, ARFID and EDNOS. The multidisciplinary treatment team consists of psychologists, social workers, psychiatrists, marriage and family therapists, nurses, and dieticians.

Supervision: Interns participate in weekly individual and group supervision. Feedback on videotaped individual sessions is provided.

Assessment and Treatment Opportunities: Adult patients can be in Day Treatment (10 or 6 hrs a day) or IOP (4 hrs a day) and Adolescent patients can be in Day Treatment (10 or 6 hrs a day) or IOP (3 hrs a day). Our adult clinic is run according to a dialectical behavior therapy (DBT) model, and we also offer CBT, expressive arts, ACT, cognitive processing therapy, and a variety of other types of therapy groups. Our adolescent clinic is run according to a Maudsley (Family-Based Therapy) model, with DBT skills and principles integrated throughout the program. In both programs, interns see individual patients, lead/co-lead groups, and will eat meals with patients in order to provide meal support. Interns also have the opportunity to conduct brief neuropsychological assessments and write integrated reports to address referral questions from the treatment team.

Didactics/Team Meetings: We have weekly didactics, which are taught by in-house and visiting experts on topics relevant to treating eating disorder patients. Multidisciplinary treatment team meets from 2-2.5 hours per week per program.

Research Opportunities: We have many research opportunities, including fMRI and genetics research, and treatment development and outcomes. Interns often stay on after internship as clinical or research fellows.

Primary Location: Chancellor Park Outpatient Clinic

Patient Population: Adolescents are ages 11-18, Adults are age 18+, but the majority are between 18 and 30. Most are Caucasian, but we also have Hispanic, Asian and African-American patients. Approximately 90% are female.

Number of Staff in Clinic: ~60

Number of Trainees in Clinic: 3 psychology interns, 6-8 MFT, PhD or PsyD practicum students, 6-8 postdoctoral fellows.

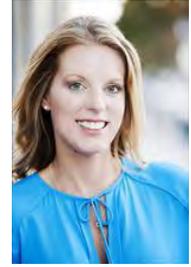
Primary Supervisors: Leslie Anderson, Ph.D., and Christina Wierenga, Ph.D. **Dr.**

Anderson is a clinical associate professor and the Training Director at the UCSD Eating Disorders Center. She has a Ph.D. in Clinical Psychology from the University of Kansas and completed her clinical internship at Duke University Medical Center. She is a Linehan certified DBT therapist, and a Behavioral Tech DBT Trainer. She currently oversees the training and clinical supervision of the UCSD EDC staff and conducts individual, family, and group therapy for eating disorders. Her research interests are in treatment development and outcomes, especially with regards to adaptations of DBT and FBT and complex presentations of eating disorders, and she has published multiple papers and two books in this area. She is also the co- Editor in Chief for *Eating Disorders: The Journal of Treatment and Prevention*. She frequently gives talks and workshops on DBT, eating disorders, suicidality, and related topics in the community and at national conferences and serves in several leadership roles within the Academy of Eating Disorders.



<http://profiles.ucsd.edu/leslie.anderson>

Dr. Wierenga is a Professor, Clinical Neuropsychologist and Co-Director of the Research Program at the UCSD Eating Disorders Center. She received her Ph.D. in Clinical Psychology with a specialization in Neuropsychology, Neurorehabilitation, and Clinical Neuroscience from the University of Florida and completed an NIH postdoctoral fellowship at UCSD in Biological Psychiatry and Neuroscience. She is an expert in the neurobiology of eating disorders, in particular related to the neural circuitry supporting cognition and behavior. She conducts neuroimaging and neuropsychological research examining the brain basis of disordered eating, with an emphasis on key constructs that contribute to altered motivation to eat, including cognitive control, reward processing, learning, and interoception. She is also heavily involved in treatment development efforts for eating disorders guided by a neurobiological understanding of temperament-based behavior, as well as treatment outcome studies. Through close collaboration with Drs. Peck and Hill, she has developed and continues to test a Temperament-Based Treatment with Supports (TBT-S) approach for adolescents and adults with eating disorders, which is frequently delivered in an intensive 5-day multi-family format. Dr. Wierenga is a CA licensed Clinical Psychologist and supervises clinical trainees in the Adolescent Eating Disorders Program and primarily uses FBT, DBT, and CBT. She also conducts neuropsychological assessments in both the Adolescent and Adult Programs. She has published over 90 peer-reviewed papers, has been funded by the National Institutes of Health (NIMH, NIDDK), National Eating Disorders Association, the Department of Veterans Affairs, and the Alzheimer's Association, and serves in leadership roles within the Academy of Eating Disorders.



<http://profiles.ucsd.edu/Christina.Wierenga>

9 VA Center of Recovery Education (CORE)

Overview: The Center Of Recovery Education (CORE) is the VA San Diego Healthcare System's Psychosocial Rehabilitation and Recovery Center (PRRC), which provides Veterans a transitional education center that will inspire and assist them to reclaim their lives, instill hope, validate strengths, teach life skills, and facilitate community integration in meaningful self-determined roles. CORE provides evidence-based practices to Veterans with psychotic disorders to help them define and pursue personalized recovery goals.

Supervision: One hour of individual and 1.5 hours of group supervision, including direct observation through co-therapy and review of videotaped sessions.

Assessment and Treatment Opportunities: Group and individual psychotherapy using evidence-based practices for people with schizophrenia and other psychotic disorders (CBT, SST, IMR, Dual-Diagnosis); psychological and neuropsychological assessment; intake evaluations using sections of the SCID;

family interventions; manualized interventions in randomized psychotherapy clinical trials. All in the context of a Recovery Model.

Didactics/Team Meetings: Weekly CORE Team meeting 11-12 Tuesdays and weekly Psychosocial Rehabilitation (PSR) Seminar 12-1 Tuesdays, which includes journal club and presentations on the recovery model and assessments and treatments for schizophrenia.

Research Opportunities: Interns may participate in research as a therapist in randomized clinical trials, and can mine large existing databases from previous psychosocial intervention trials to present data at professional conferences and/or publish peer-reviewed research reports.

Primary Location: La Jolla VA Medical Center.

Patient Population: Veterans (primarily male) with psychotic disorders of all ages and diverse backgrounds.

Number of Staff in Clinic: Interprofessional team, including psychologists, psychiatrist, social worker, and supported employment specialist, as well as psychology postdoctoral fellows, post-masters social work fellows, and post-masters vocational rehabilitation or occupational therapy fellows, and clinical psychology practicum trainee.

Number of Trainees in Clinic: 1 Intern, 4 fellows, 1 practicum student

Primary Supervisor: Dimitri Perivoliotis, Ph.D. Dr. Perivoliotis is an Associate Clinical Professor of Psychiatry at UCSD and the director of training of the VASDHS/UCSD

Interprofessional Fellowship in Psychosocial Rehabilitation & Recovery Oriented Services (“PSR Fellowship”), which trains advanced-level trainees to become future leaders in

psychosocial rehabilitation for people with serious mental

illness (SMI). Dr. Perivoliotis is also the director of the VASDHS CORE, which provides recovery-oriented care to an active census of approximately 100 Veterans diagnosed with psychotic disorders. Dr. Perivoliotis earned his doctorate at the SDSU/UCSD Joint Doctoral Program in Clinical Psychology, completed an internship at the Weill Cornell Medical College/New York Presbyterian Hospital, and went on to complete a postdoctoral fellowship at the Aaron T. Beck Psychopathology Research Center of the University of Pennsylvania Perelman School of Medicine. Dr. Perivoliotis’ primary interest and expertise is in CBT for psychosis, training and dissemination of this therapeutic approach, and mobile CBT interventions for people with SMI.

<http://profiles.ucsd.edu/Dimitri.Perivoliotis>

Secondary supervisor: Eric Granholm, Ph.D. **Dr. Granholm**

received his Ph.D. in Clinical Psychology from the University of California, Los Angeles, in 1991. At the UCLA Neuropsychiatric Institute, he completed both a Clinical Psychology Internship and a Post-Doctoral Fellowship in schizophrenia research. Dr. Granholm is a Professor of Psychiatry at the UCSD Medical School, and Chief, Psychology Service, and Acting Division

Director, Psychosocial Rehabilitation and Recovery Services at VASDHS. He is a member of the Neuropsychology and Experimental Psychopathology Tracts of the



SDSU/UCSD Joint Doctoral Program in Clinical Psychology. He is an active basic and clinical researcher in the areas of CBT and SST (CBSST), neuropsychology, and psychophysiology (pupillometry) in consumers with schizophrenia. <http://profiles.ucsd.edu/Eric.Granholm>

10 VA Mood Clinic

Overview: This clinic trains psychologists and other mental health professionals in cognitive behavioral treatments (CBT) for mood disorders. The focus is on learning skills in traditional and third wave cognitive behavioral interventions, such as dialectical behavioral therapy and acceptance and commitment therapy, and developing a solid theoretical understanding of these interventions. Interns are encouraged to develop both clinical and research interests related to this placement (e.g., co-leading a group that is of particular interest to the intern, conducting outcome research, etc.).

Supervision: Supervision includes individual supervision and group supervision (supervision can include review of audio/videotape sessions and co-therapy).

Assessment and Treatment Opportunities: There is a strong emphasis on the application of empirically supported treatments, the use of a case formulation approach to cognitive behavioral therapy and training in evaluating the effectiveness of clinical interventions. Group therapies are manualized and structured. Individual therapy is guided by theoretically-grounded case conceptualization. Interns work with clients presenting with mood disorders as primary diagnoses and many of the Veterans also present with a variety of comorbidities, especially Posttraumatic Stress Disorder and physical health difficulties. Training opportunities include: a) individual and group CBT or ACT for unipolar depression; b) individual and group DBT skills for bipolar disorder; c) CBT for insomnia group or individual, d) brief family psychoeducation for mood disorders, d) trauma-focused treatment (e.g., CPT, PE) for comorbid mood and PTSD disorders, e) diagnostic interviews for assessing psychiatric disorders, and f) brief suicide-specific interventions

Didactics/Team Meetings: 1 hour clinic seminar in evidence-based psychotherapy; 1.5 hour interdisciplinary team meeting

Research Opportunities: Data available for analyses from experimental and observational research possible through NIH and VA supported research led by Drs. Depp and McKenna

Primary Location: La Jolla VA Medical Center

Patient Population: Veterans from all eras of services, about 50% racial/ethnic minorities; age range of approximately 20-85 years

Number of Staff in Clinic: 2 psychologist, 3 psychiatrists, 1 social worker, nursing, peer support specialist

Number of Trainees in Clinic: 4 psychology trainees (1 practicum student, 2 interns, 1 postdoc), 2-4 psychiatry residents

Primary Supervisors: Colin Depp, Ph.D. and Benjamin McKenna, Ph.D. **Dr. Depp** is a Professor in the Department of Psychiatry at the School of Medicine of the University of California, San Diego (UCSD). He is a Staff Psychologist in the VA San Diego and Director of the Mood Disorders Program. Dr. Depp is also the Director of the Education and Training Division of UC San Diego's Altman Clinical and Translational Research Institute and he is a faculty member at UCSD's Sam and Rose Stein Institute for Research on Aging. Dr. Depp received his bachelor's degree from the University of Michigan and his doctorate in clinical psychology from the University of Louisville. He then completed a pre-doctoral internship at the Palo Alto Veteran's Administration and a National Research Service Award post-doctoral fellowship in the Division of Geriatric Psychiatry at UCSD.



<http://profiles.ucsd.edu/Colin.Depp>

Dr. McKenna is an Assistant Professor in the Department of Psychiatry at the UCSD School of Medicine. He is also a Staff Psychologist in the VA San Diego and Clinic Coordinator for the Mood Disorders Program. He received his bachelor's degree from the University of Arizona and doctorate in clinical psychology with a specialization in neuropsychology from the SDSU/UCSD Joint Doctoral Program in Clinical Psychology. He then completed a predoctoral internship at the University of Arizona University Medical Center and two postdoctoral fellowships at the Veteran's Affairs Advanced Fellowship in Mental Illness Research and Treatment and a NIDA-funded T32 Fellowship for Training in Research on Addictions in Interdisciplinary NeuroAIDS.



<https://profiles.ucsd.edu/benjamin.mckenna>

11

VA Behavioral Health Interdisciplinary Program (BHIP) (General Mental Health)

Overview: The Behavioral Health Interdisciplinary Program (BHIP) is a general mental health clinic. Our interdisciplinary team works with a panel of Veterans experiencing a wide array of difficulties associated with trauma, mood, anxiety, and functioning within important life roles. The goal of BHIP is to provide comprehensive, interdisciplinary care to Veterans that is grounded in research and theory. Interns within BHIP will learn skills and theory in many evidence based treatments, including trauma-focused therapies, third-wave Cognitive Behavioral Therapies (CBT), how to apply treatment in a transdiagnostic setting, and how to work within an interdisciplinary team.

Supervision: Supervision includes individual supervision, group supervision, (supervision can include co-therapy during treatment groups).

Assessment and Treatment Opportunities: BHIP offers the opportunity to train in many evidence based therapies and to treat a large variety of diagnoses.

Interns have the opportunity to gain experience in: a) diagnostic assessment; b)

individual therapy; c) group therapy; d) consultation with other disciplines. There is a strong emphasis on the application of empirically supported treatments. Our theoretical orientation centers on CBT with incorporation of 3rd wave CBT models such as Dialectic Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT). The primary diagnoses treated within the clinic are PTSD (including military sexual trauma and interpersonal trauma), anxiety disorders (including OCD, panic disorder, social anxiety disorder, generalized anxiety disorder), mood disorders, insomnia, and disorders related to interpersonal dysfunction. The clinic provides Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), CBT for anxiety and depressive disorders, DBT, ACT, and CBT for Insomnia (CBT-I). Interns will learn to deliver interventions in a transdiagnostic setting that emphasizes common mechanisms underlying symptoms and functional difficulties. Individual therapy is guided by theoretically-grounded case conceptualization.

Didactics /Team Meetings: 1 hour interdisciplinary team meeting

Research Opportunities: Mostly related to program development/evaluation

Primary Location: La Jolla VA Medical Center

Patient Population: Veterans from all eras of services, about 50% racial/ethnic minorities; age range of approximately 20-70 years, with a large group of OEF/OIF/OND Veterans between the ages of 28 and 35 and a large group of female Veterans.

Number of Staff in Clinic: 2 psychologists, 1 licensed clinical social worker, 2 psychiatrists, 2 nurse practitioners, 1 RN, and 1 peer support specialist

Number of Trainees in Clinic: 4 psychology trainees (1 intern, 2 psychology fellows, 1 practicum student)

Primary Supervisor: Natalie Castriotta, Ph.D. **Dr. Castriotta**

received her Ph.D. in Clinical Psychology from the University of California, Los Angeles (UCLA) in 2013 after completing a predoctoral internship in clinical psychology at the VA Long Beach. She completed postdoctoral fellowships within both the VA San Diego/UCSD Postdoctoral Residency Program and the UCLA Anxiety and Depression Research Center, where she specialized in evidence-based treatment for anxiety and related disorders. Dr. Castriotta is a Staff Psychologist at the VA San Diego within the Behavioral Health Interdisciplinary Program (BHIP) and an Assistant Clinical Professor within the UCSD psychiatry department. Dr. Castriotta also serves as the Training Director for the one year Clinical Psychology Postdoctoral Fellowship. Dr. Castriotta's clinical interests center on the use of cognitive behavioral therapy (CBT, including third-wave) in the treatment of a wide range of anxiety, mood, trauma, and personality disorders. Dr. Castriotta's research interests include the mechanisms of change following cognitive and behavioral treatments, strategies for optimizing the effectiveness of exposure-based therapies, and means of disseminating evidence-based treatments.



12 VA Family Mental Health Program (FMHP)

Overview: The VA San Diego Family Mental Health Program provides empirically-supported couple therapy services to Veteran couples. This interdisciplinary team consists of four psychologists, two postdoctoral fellows, one psychology intern, and one Marriage and Family Therapist. Psychiatry residents and/or psychology practicum students are sometimes also involved in the program. The team meets weekly.

Supervision: Interns will receive weekly individual and group supervision, including review of videotaped sessions. Some live supervision may occur using the VA Video Connect (VVC) program for use in telehealth sessions.

Assessment and Treatment Opportunities: The focus is on developing empirically-based assessment and treatment skills in order to address relational problems in Veteran couples. Interns will learn to conduct multi-session, multi-modal assessment (interviews, self-report questionnaires, behavioral observation) to inform problem formulations and treatment plans consistent with Integrative Behavioral Couple Therapy (IBCT) and Emotionally-Focused Couple Therapy (EFT). Interns may have opportunities to act as co-therapists with other trainees as well as with more senior clinicians. Interns will also be able to gain experience using telemental health and triage/screening of referrals.

Didactics/Team Meetings: Interns in the FMHP placement will attend the weekly team seminar, which includes presentations and trainings in Emotionally-Focused Couple Therapy, Integrative Behavioral Couple Therapy, and Cognitive-Behavioral Couple Therapy. Presentations include didactic components as well as experiential learning strategies (e.g., video review, role-playing). Didactic presentations on special topics in Couple/Family Psychology (e.g., intimate partner violence) are also offered.

Research Opportunities: The FMHP is hosting a RCT evaluating Cognitive Behavioral Conjoint Therapy for PTSD (in-home vs telehealth) and a family education condition. Data from this project may be available for analysis and presentation, if interested.

Primary Location: Rio Clinic/La Jolla VA Medical Center

Patient Population: Veterans and their significant others reporting relational distress.

Number of Staff in Clinic: Approximately 8 (4 psychologists, 1 Marriage and Family Therapist, 2 postdoctoral residents, 1 predoctoral intern)

Number of Trainees in Clinic: 3

Primary supervisor: Elizabeth Wrape, Ph.D.

Dr. Wrape received her Ph.D. in Clinical Psychology at the University of North Texas in 2015 following completion of her predoctoral internship at VA North Texas Healthcare System. She completed her fellowship at VA Puget Sound-Seattle Division in the Family Therapy Program, providing couple and family therapy services with a range of presenting problems. Dr. Wrape is an Assistant Professor of Psychiatry in



the UCSD School of Medicine, as well as the Clinic Coordinator in the Family Mental Health Program at VASDHS. She also served as a study therapist, supervisor, and consultant on the FMHP-adjunctive RCT working with couples seeking treatment for PTSD. Her clinical duties include systemic interventions for relationship distress in-person and via telemental health; primary modalities used are Integrative Behavioral Couple Therapy (IBCT), Cognitive Behavioral Couple Therapy for PTSD (CBCT), and Structural Family Therapy. Dr. Wrape's research interests include supervision and training particularly in family-service delivery, as well as examining innovative ways to provide couple and family services.
<https://profiles.ucsd.edu/elizabeth.wrape>

Neuropsychology Focus:

13 VA Inpatient Neurocognitive Screening/Psychology Assessment:

Overview: This VA clinic sees both inpatients hospitalized on the VA Psychiatric Ward as well as outpatients who are referred for co-morbid cognitive and psychological disorders. We provide brief neurocognitive screenings, neuropsychiatric assessments, and short-term treatment interventions for Veterans with acute mental health needs and cognitive dysfunction. Psychological services in the inpatient milieu include 1) brief neurocognitive and psychological assessments for diagnostic clarification and treatment planning purposes, and 2) implementation of evidence-based psychotherapies (individual and group) utilizing short-term, evidence-based protocols. This clinic actively participates in the Inpatient Multidisciplinary Treatment Team rounds and didactics. We also provide outpatient evaluations for patients with co-morbid cognitive/psychological disorders, with feedback and follow-up with brief CBT-based psychotherapies. We serve Veterans who have both cognitive complaints and a wide-range of psychiatric conditions who are referred by Psychiatry, Physical Medicine, Neurology and other Psychology clinics.

Supervision: Two hours weekly individual supervision.

Assessment and Treatment Opportunities: The assessment component combines a brief, flexible neurocognitive screening battery with standardized, psychological assessment tools (MMPI2-RF, MCMI3, PAI, etc.). Training includes formulation of integrated reports, presentation of results to providers and treatment teams, and utilizing feedback sessions to implement recommendations and recovery planning. Training in treatment modalities takes place in a range of clinical settings and with diverse patient groups: inpatient treatment can include group therapy, individual behavioral-based techniques, and CBT-based interventions modified for severe mental illness. Outpatient psychotherapy protocols are brief, CBT-based treatments for cognitive complaints like ADHD or academic difficulties, or those with co-occurring cognitive deficits secondary to stroke, tumor resection, TBI, ADHD or other mild neurocognitive disorders.

Didactics/Team Meetings: Trainees attend Inpatient Psychiatry Treatment Team meetings, group didactics, and Psychiatry Case Conferences w/ Didactics.

Research Opportunities: As time and interest permits, this clinic collaborates with a number of investigators who can discuss ongoing research projects.

Primary Location: La Jolla VA Medical Center

Patient Population: Veterans (all ages) with acute, severe mental illness, and outpatients with both neurocognitive disorders, ADHD, and academic underachievement, usually in the context of affective and personality disorders.

Number of Staff in Clinic: 1 primary, with 1-2 post-doc fellows

Number of Trainees in Clinic: 3: 1 intern (half-time), 1 - 2 practicum students (part-time).

Primary Supervisor: Mark W. Jacobson, Ph.D. **Dr. Jacobson** received his Ph.D. in Clinical Psychology from Wayne State University in 1999 after completing a predoctoral internship in clinical psychology at the VASDHS and UCSD. He completed a postdoctoral fellowship in neuropsychology at the VASDHS/Veteran's Medical Research Foundation. Dr. Jacobson is an Associate Clinical Professor of Psychiatry, UCSD School of Medicine, and Staff Neuropsychologist at VASDHS. Dr. Jacobson's research interests include integrating neuropsychology and psychological assessment, and neuroimaging of neurocognitive disorders.



<http://profiles.ucsd.edu/mark.jacobson>

14 VA Neuropsychological Assessment Unit

Overview: The VA San Diego Neuropsychological Assessment Unit provides hospital-wide consultation/liaison services to patients referred for comprehensive neuropsychological assessments of cognitive and emotional functioning.

Supervision: Supervision is provided in both group and individual settings. Interns are assigned an individual supervisor that rotates quarterly as well as attend group supervisions of cases twice weekly.

Assessment and Treatment Opportunities: The Neuropsychological Assessment Unit placement provides the intern with the opportunity to conduct comprehensive neuropsychological evaluations on a wide range of patient populations, including but not limited to neurologic, psychiatric, geriatric, rehabilitation, and general medicine patients. Unit staff and trainees conduct complete neuropsychological assessments of patients, including chart review, clinical interview, standardized test administration and scoring, interpretation and report writing, and patient and family feedback. Trainees may also obtain some experience interacting with treatment and rehabilitation teams to integrate the results of the neuropsychological assessments into such programs. Interns are taught how to use the Boston process approach to interpret a wide range of assessment instruments (e.g., Boston Naming Test, Wechsler Memory Scale - IV; California Verbal Learning Test - 2; Delis-Kaplan Executive Function System, etc.), to provide detailed feedback to patients and families, and to work with

referring sources to integrate the results of our neuropsychological assessment procedures into treatment planning. Training in teleneuropsychology is also available.

Didactics/Team Meetings: Interns attend the Clinical Neuropsychology Seminar series once a week and have the opportunity to attend other team staff meetings, such as the monthly Geropsychiatry Interdisciplinary team meeting, Brain Cuttings led by the UCSD Department of Pathology, to examine or present cases in a broader multidisciplinary diagnostic and treatment context.

Research Opportunities: There are many opportunities to integrate research projects with clinical service activities within our Unit as well as with affiliated research projects conducted by our primary supervisors. Many of our projects are at the forefront of neuropsychological, neuroimaging, genetic and other investigatory techniques into the causes and consequences of brain dysfunction.

Primary Location: La Jolla VA Medical Center

Patient Population: As a hospital-wide consultation/liaison service, a wide range of patients are referred from many sources, including primary care, neurology, psychiatry, and other specialty clinics. Patients suspected of mild cognitive impairment, dementia, stroke, traumatic brain injury, and a variety of other neurologic, medical and systemic disorders are typically referred for our assessment services.

Number of Staff in Clinic: Approximately 7 (4 supervisors, 3 psychometrists)

Number of Trainees in Clinic: Approximately 11-14 (3-5 postdoctoral fellows, 3 interns, 5-6 doctoral practicum students).

Primary Supervisors: Mark W. Bondi, Ph.D., ABPP-CN, Lisa Delano-Wood, Ph.D., J. Vincent Filoteo, Ph.D., and Amy J. Jak, Ph.D.

Dr. Bondi received his Ph.D. in Clinical Psychology from the University of Arizona in 1991 after completing a Predoctoral Internship in Clinical Psychology and Neuropsychology at the Veterans Affairs San Diego Healthcare System (VASDHS) and the University of California, San Diego (UCSD) School of Medicine (1990-1991). He then completed an NIH Postdoctoral Fellowship at UCSD from 1991-1993 prior to joining UCSD's faculty. Dr.



Bondi is currently a Professor of Psychiatry at UCSD and Director of the Neuropsychological Assessment Unit at the VASDHS. He is a Diplomat of the American Board of Professional Psychology – Clinical Neuropsychology subspecialty – and Fellow of APA Division 40 (Clinical Neuropsychology) and the National Academy of Neuropsychology. He served on the Board of Governors of the International Neuropsychological Society, the Board of Directors for the American Board of Clinical Neuropsychology, and he is former President of the Society for Clinical Neuropsychology Division 40 of APA). Dr. Bondi was the recipient of a Mid-Career Investigator Award in Patient-Oriented Research from the National Institute on Aging, and he is principal investigator of multiple NIH R01 grants. His research interests center on the cognitive and brain changes of individuals at risk for dementia. He has published two books and over 230 articles and book chapters, serves on the editorial boards of several journals including the

Journal of the International Neuropsychological Society, Neuropsychology, and as an Associate Editor of the *Journal of Alzheimer's Disease*.

<http://profiles.ucsd.edu/Mark.Bondi>

Dr. Delano-Wood is an Associate Professor of Psychiatry within the School of Medicine at UCSD, Clinic Director of the UCSD Memory, Aging and Resilience Center (MARC), and Staff Neuropsychologist at the Veterans Affairs San Diego Healthcare System. She received her doctorate in Clinical Psychology with a specialization in Neuropsychology from Michigan State University in 2005. She then completed a postdoctoral fellowship in Neuropsychology at the San Diego VA Healthcare System/UCSD from 2005-2006 and a National Institutes of Mental Health fellowship in Geropsychiatry at UCSD from 2006-2008.



<http://profiles.ucsd.edu/Lisa.Delano-Wood>

Dr. Filoteo received his Ph.D. in Clinical Psychology in 1994 from the Joint Doctoral Program in Clinical Psychology at the University of California, San Diego, and San Diego State University. He completed his internship at the University of California, San Diego and the Veterans Administration Hospital in San Diego, where he specialized in adult neuropsychology. Dr. Filoteo is a Professor, In Residence, in the Department of Psychiatry at the University of California, San Diego. His research interests are in the cognitive neuroscience of learning, memory, and attention, as well as the neuropsychology of dementia (Alzheimer's disease, Dementia with Lewy Bodies) and basal ganglia disorders (Parkinson's disease). His clinical interests include dementia and neurocognitive dysfunction in rehabilitation medicine.



<http://profiles.ucsd.edu/j.vincent.filoteo>

Dr. Jak received her Ph.D. in Clinical Psychology from the University of Cincinnati in 2004 after completing a predoctoral internship in clinical psychology at the VASDHS and UCSD. She completed a postdoctoral fellowship in neuropsychology at the VASDHS/Veteran's Medical Research Foundation. Dr. Jak is an Associate Professor of Psychiatry, UCSD School of Medicine, Staff Neuropsychologist and Director of the Traumatic Brain Injury Cognitive Rehabilitation Clinic at the VASDHS, and the Co-Director of Internship Training. She is the Secretary of APA Division 40, Society for Clinical Neuropsychology and on the Editorial Board of the *Journal of Clinical and Experimental Neuropsychology*. Dr. Jak's research interests include integrating neuropsychology, neuroimaging, behavioral variables, and genetics to better understand traumatic brain injury as well as disorders of aging with funding from the DoD, VA, and Alzheimer's Association.



<http://profiles.ucsd.edu/Amy.Jak>

15 VA Cognitive Rehabilitation Clinic:

Overview: The Cognitive Rehabilitation Clinic provides neuropsychological assessment, feedback, and cognitive rehabilitation to Veterans with a history of traumatic brain injury (TBI) or other acquired brain injury (ABI; e.g., stroke). The Cognitive Rehabilitation Clinic serves all Veterans with a history of brain injury who have cognitive complaints, though the majority of Veterans are post-9/11 Veterans with mild to moderate TBI in the post-acute/chronic phase of injury. This clinic is a component of the larger TBI Polytrauma Treatment team, an interdisciplinary team consisting of rehabilitation physicians, neuropsychologists, social workers, nurse case managers, occupational therapists, physical therapists, audiologists, speech therapists, psychiatrists, and optometrists/low-vision specialists. This team meets weekly as does the core Cognitive Rehabilitation clinic staff. Recently, the team expanded its goals to provide care for not only TBI but also other types of acquired brain injury, such as stroke or anoxic brain injury.

Supervision: Individual and group supervision.

Assessment and Treatment Opportunities: The focus is on using comprehensive neuropsychological assessment data to inform treatment. Interns will learn how to 1) provide structured compensatory cognitive rehabilitation primarily in an individual format to address objective deficits noted on neuropsychological testing; 2) enhance neuropsychological feedback skills; 3) enhance clinical neuropsychological interviewing skills in individuals with a history of ABI, TBI, PTSD, and/or somatic complaints; and 4) broaden neuropsychological test interpretation and report writing skills in this population. Interns will also gain an appreciation of how neuropsychological assessment informs treatment decisions, including cognitive rehabilitation, and how neuropsychology and cognitive rehabilitation are integrated into a Veteran's larger, multidisciplinary treatment plan. Training in telehealth and teleneuropsychology is also available. Interns will also see cases in the Neuropsychological Assessment Unit (see above) to ensure a breadth of assessment experience.

Didactics/Team Meetings: Interns in the Cognitive Rehabilitation placement will attend the Clinical Neuropsychology Seminar series once a week, and the TBI Polytrauma weekly Treatment Team meeting.

Research Opportunities: As time and interest permits, interns may participate in research examining archival clinical TBI data, data from an ongoing TBI/PTSD intervention trial, and/or co-authoring manuscripts.

Primary Location: La Jolla VA Medical Center

Patient Population: We serve a diverse Veteran population, where approximately 40% of our patients are from underrepresented minority groups. Our referrals are predominantly for Iraq and Afghanistan Veterans, but all era Veterans can receive services in the clinic.

Number of Staff in Clinic: 3

Number of Trainees in Clinic: typically 3-4: 1 intern, 2-3 post-doctoral fellows. In some years there will also be 1 practicum student.

Primary Supervisor: **Karen Hanson, Ph.D.** earned her Ph.D. in Clinical Psychology at the University of Minnesota and completed her internship at University of California San Diego (UCSD) and the San Diego VA Healthcare System with a specialization in Clinical Neuropsychology. She is currently a Clinical Neuropsychologist at the San Diego VA, providing cognitive assessments, cognitive rehabilitation therapy, and supervision in the Traumatic Brain Injury - Cognitive Rehabilitation (TBI-Cog Rehab) Clinic. She is an Associate Clinical Professor in the Department of Psychiatry in the UCSD School of Medicine, practicing neuropsychology through the Memory, Aging, and Resilience Clinic (MARC). She serves as Treasurer-Elect in the California Psychological Association, Division 8: Neuropsychology, and she is a member of the International Neuropsychological Society (INS), American Psychological Association (APA) Society for Clinical Neuropsychology, and Research Society on Alcoholism. Her research interests include the influence of alcohol and other drug use on cognition and behavior, especially within the veteran TBI population and during adolescence and young adulthood.



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16 UC San Diego Senior Behavioral Health

Overview: The UC San Diego Health Senior Behavioral Health Program (SBH) provides comprehensive psychiatric and neuropsychological services for patients 60 or older. SBH includes an inpatient unit and the outpatient Memory, Aging, and Resilience Clinic (MARC). The SBH inpatient unit is a specialized secured facility designed for geriatric patients with acute neuropsychiatric illnesses. Patient population is wide-ranging and present with a variety of conditions including advanced dementia syndromes with prominent behavioral features/symptoms (e.g., agitation, delusions, hallucinations, mood/anxiety symptoms) and primary psychiatric disorders/serious mental illnesses. Older patients may present with complex medical problems, complicating their psychiatric presentation. Care is interdisciplinary and the SBH treatment team consists of a psychologist, a geriatric psychiatrist, geriatric internist, social workers, nurses, occupational therapist, and mental health workers. The team meets three times per week. The MARC outpatient program serves geriatric patients seeking evaluation for suspected memory or neurocognitive disorders. The psychologist and intern conduct comprehensive neuropsychological assessments in the context of multi-disciplinary dementia work-ups.

Supervision: Interns will be provided individual and group/treatment team supervision. Additional supervision with attending psychiatrist available upon request.

Assessment and Treatment Options: Interns will be exposed to varied experiences on the SBH inpatient unit, which include weekly group psychotherapy sessions, brief individual psychotherapy, suicide risk assessment and safety planning, and family feedback and education. Interns will gain experience in rapid psychiatric and cognitive evaluation and formulation of

treatment recommendations in a fast-paced, inpatient medical setting. Interns will learn to collaborate as a member of an integrated health care team, attending and providing recommendations in interdisciplinary treatment team rounds and conducting co-treatment with other disciplines. At the MARC, the focus is on conducting comprehensive neuropsychological assessments. Interns will learn how to 1) administer and interpret full psychosocial intake interviews of both the patient and collateral source(s) and 2) administer, score, interpret, and write integrated reports based on the results of the neuropsychological evaluation.

Didactics/Team Meetings: Interns will attend multidisciplinary team meetings, each about two hours in length, at least once per week.

Primary Location: UC San Diego Health, Hillcrest and MARC Outpatient Clinic in La Jolla.

Patient Population: Mostly geriatric patients age 60 and older (with a small number of younger patients suspected of having dementia)

Number of Staff: Approximately 50

Number of Trainees in Clinic: variable; usually one psychology practicum student, and various medical students, and psychiatry and internal medicine residents and fellows

Primary Supervisors: Katherine Bangen, Ph.D. ABPP, Ashley Malooly, Ph.D.

Dr. Bangen earned her Ph.D. in Clinical Psychology, with an emphasis in neuropsychology, from the San Diego State University/UC San Diego Joint Doctoral Program. She completed a predoctoral internship at the UCLA Semel Institute for Neuroscience and Human Behavior specializing in neuropsychological assessment. Dr. Bangen completed a NIH postdoctoral fellowship in geriatric mental health at UC San Diego School of Medicine as well as a fellowship in traumatic brain injury and cognitive rehabilitation at the VA San Diego Healthcare System. She is board certified in Clinical Neuropsychology by the American Board of Professional Psychology and is an Associate Professor in the UCSD School of Medicine. Dr. Bangen provides neuropsychological assessment services at the UCSD Memory, Aging and Resilience Clinic (MARC), a multi-disciplinary team providing comprehensive cognitive, emotional and physical health evaluations of older adults. She provides clinical supervision to SDSU/UCSD Joint Doctoral Students and UCSD interns at the MARC. Her research interests involve applying neuroimaging and neuropsychological tools to study cognitive and brain changes with normal aging, mild cognitive impairment and dementia, including Alzheimer's disease.



<http://profiles.ucsd.edu/katherine.bangen>

Dr. Malooly received her Ph.D. in Clinical Psychology from the University of Miami in 2016, following completion of her clinical internship at Sharp Mesa Vista Hospital. She accrued her postdoctoral hours at Sharp Mesa Vista's Senior Behavioral Unit, and went on to work as a licensed Psychologist in their Outpatient Access Services department. Dr. Malooly is a Staff Psychologist on the Senior Behavioral



Health (SBH) inpatient unit and the Program Director of the SBH Intensive Outpatient Program. She provides direct clinical services including group and individual therapy to patients admitted to the SBH inpatient unit, and group therapy on the SBH IOP. She provides clinical supervision to psychology interns and practicum students, as well as medical students, residents, and fellows in the SBH rotations.

<https://providers.ucsd.edu/details/33328/psychology>

17 UC San Diego Health Hillcrest Medical Center Cognitive Medicine

Group

Overview: The **Cognitive Medicine Group** Neuropsychology placement (UCSD/NP) is ideal for those who are committed to pursuing careers as clinical neuropsychologists, and who want to further develop their skills in interpreting standardized neuropsychological testing results, as well as gain a more in depth understanding of specialized neurobehavioral examination techniques. Interns evaluate adults with a wide-range of cognitive, central nervous system and medical disorders. Multidisciplinary teams consist of colleagues from medicine (i.e., neurology, hepatology, pulmonology, nephrology, cardiology) and surgery (e.g., neurosurgery, cardiothoracic surgery, and abdominal surgery), in addition to infectious disease, social work, and pharmacy.

Supervision: Interns will receive individual supervision and group supervision with other medical center trainees. They will also have the opportunity to perform tiered peer supervision with junior trainees.

Assessment and Treatment Opportunities: In addition to traditional neuropsychological assessment, placement specific opportunities include intraoperative brain mapping and Intracarotid Amytal (aka Wada) Procedures with the UCSD Comprehensive Epilepsy Service and Neuro-oncology Program. Other neurologic populations include Multiple Sclerosis, Dementia, Strokes, Traumatic Brain Injuries, Sports Concussion and others with various neurologic involvement. Solid organ transplant assessments are conducted on prospective organ candidates to provide information about neurocognitive and emotional functioning to the team. Transplant teams rely on these assessments to determine whether or not individuals are appropriate transplant candidates. Finally, trainees can also participate in sports concussion assessment.

Didactics/Team Meetings: Didactics include weekly Neuropsychology Clinical Training Seminar. The overall goal of this seminar is to understand the relationship between brain and behavior through a strong foundation of neuroanatomy and neuropathology. We will review neuroanatomy, neuropathology, and clinical syndromes in addition to ABPP neuropsychology-style Fact Finding exercises and case reviews. As time permits, interns are encouraged to attend multidisciplinary weekly Stroke Team and Brain Tumor Board meetings, as well as the bi-monthly Surgical Epilepsy Conferences. Other opportunities include weekly Heart, Lung, Kidney/Pancreas, and/or Liver Transplant team meetings and neuropathology brain cutting conferences.

Research Opportunities: If interested, interns may participate in research via co-writing manuscripts, or reviewing journal articles. CMG also has a neuropsychology registry database that houses data collected through routine clinical operations.

Primary Location: Interns are primarily based at the UCSD Medical Center in Hillcrest, though some specialized procedures (i.e., brain mappings, Wadas) are conducted at the Jacobs Medical Center in La Jolla.

Patient Population: Culturally and ethnically diverse populations with primary medical/ neurological illnesses.

Number of Staff in Clinic: Approximately 10 – 30, depending on specific service.

Number of Trainees in Clinic: 4-10

Primary Supervisors: Marc Norman, Ph.D., ABPP and Amanda Gooding, Ph.D., ABPP

Dr. Norman received his Ph.D. in Clinical Psychology from Brigham Young University. He is a Clinical Professor of Psychiatry at the University of California, San Diego. He completed the University of California, San Diego/VA Psychology Internship program and a neuropsychology postdoctoral fellowship at the UC San Diego Alzheimer's Disease Research Center. Dr. Norman earned a Diplomate from the American Board of Professional Psychology, specializing in Clinical Neuropsychology. He provides clinical service to the Heart/Lung, Kidney/Pancreas, and Liver transplant teams. Also, he provides general neuropsychological evaluations as well as intracarotid amytal (aka Wada) procedures and awake brain surgery language mapping for the UC San Diego Epilepsy and Brain Tumor Teams. Dr. Norman is the Executive Director of the International Neuropsychological Society and a Fellow of the American Psychological Association and National Academy of Neuropsychology. He is on the Board of Directors and oral examiner for the American Board of Clinical Neuropsychology and on the Professional Advisory Board for the American Epilepsy Foundation San Diego Chapter.



<http://profiles.ucsd.edu/Marc.Norman>

Amanda Gooding, Ph.D., ABPP, earned her PhD in Clinical Psychology at Fordham University with an emphasis in Neuropsychology and Health Psychology. She completed her predoctoral internship in clinical psychology at UCSD, and her postdoctoral fellowship at the Comprehensive Epilepsy Center at Columbia University Medical Center. She is board certified in Clinical Neuropsychology by the American Board of Professional Psychology and an Associate Professor in the Department of Psychiatry at UCSD. Dr. Gooding supervises and trains neuropsychology graduate students, interns, and postdoctoral fellows, and she provides clinical neuropsychological services to adolescents and adults with a wide range of neurological, medical, neurodevelopmental and psychiatric conditions, as well as other cognitive and learning disorders. She provides pre- and post-operative evaluations for individuals with epilepsy and brain tumors, and she has specialty training in intra-operative language mapping and



intracarotid sodium amobarbital (i.e., Wada) procedures. She is the Chair of the APA Division 40/SCN Early Career Neuropsychologist Committee, and she serves on several UCSD committees including the Department of Psychiatry Chair's Advisory Committee on Diversity Issues, the Women in Health Sciences Planning Committee, and the Associated Health Professions Education Committee. Broadly, her research interests focus on the impact of neurological disease on cognition and behavior, with a particular emphasis on improving functional outcomes.

<https://providers.ucsd.edu/details/32710/psychology>

Substance Use Focus:

18 VA Alcohol Drug Treatment Program

Overview: The VASDHS San Diego Alcohol and Drug Treatment Program (ADTP) provides empirically-supported assessments and therapies for Veterans with Substance Use Disorders (SUDs). A large proportion of ADTP patients have concomitant psychiatric and/or personality disorders. ADTP consists of four levels of care: Residential (SARRTP), Intensive Outpatient (IOP), Outpatient (OP), and Substance Abuse and Mental Illness (SAMI). Assignment of patients is guided by the American Society of Addiction Medicine Guidelines and is also influenced by assessment of comorbid psychopathology, functional assets of the individual patient, as well as life circumstances. Psychologists and psychology trainees provide clinical services to the SARRTP, IOP, and OP aspects of the ADTP.

Supervision: Interns will receive individual and group supervision, including direct observation during the provision of services. Opportunities for interns to provide layered supervision of junior trainees may be available.

Assessment and Treatment Opportunities: Interns will learn how to administer and interpret intake interviews, self-report symptom questionnaires, and urine toxicology results. Interns will also participate in the completion of treatment plans and treatment plan updates for Veterans in the outpatient program. Interns will learn empirically-supported individual and group treatments for SUDs, including CBT, Mindfulness-Based Relapse Prevention, and Motivational Enhancement Therapy. Interns will provide group interventions for SARRTP and IOP including Relapse Prevention, Stress Management, and Dialectical Behavior Therapy. Additional training opportunities tailored to interns' goals can include telehealth therapy and contingency management.

Didactics/Team Meetings: Interns in the ADTP placement will attend the weekly SUD Seminar, which includes presentations and trainings by experts in assessments, treatments, and conditions associated with SUDs.

Research Opportunities: Mentoring and consultation in secondary data analysis and manuscript publication, if desired.

Primary Location: La Jolla VA Medical Center

Patient Population: Primarily male veterans with a wide age range.

Number of Staff in Clinic: 2 Psychiatrists, 3 Psychologists, 1 Nurse Manager, 3 Social Workers, 1 Clinical Nurse Specialist, 4 Registered Nurses, 7 Licensed Vocational Nurses, 12 Addiction Therapists, 1 Chaplain, 1 Pharmacist, 1 Nutritionist, 1 Recreational Therapist, and 2 Clerks.

Number of Trainees in Clinic: 1-3

Primary supervisor: Angela Peterson, Ph.D. Dr. Peterson received her Ph.D. in Clinical Psychology from the University of Maryland, Baltimore County in 2016. Following completion of an Interprofessional Advanced Fellowship in Addiction Treatment at the VA San Diego Healthcare System, she joined the VASDHS as a Staff Psychologist. Dr. Peterson's research interests are in the area of smoking cessation.

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VA Substance Abuse Rehabilitation and Recovery Program: (SARRTP) PTSD Track

Overview: The VA Substance Abuse Residential Rehabilitation Treatment Program (SARRTP)'s PTSD Track provides evidence-based PTSD treatment and assessment for Veterans currently undergoing residential substance use disorder (SUD) treatment. Interns will experience what it is like to work on a residential unit and participate in multi-disciplinary teamwork. This position is primarily for the PTSD track within the residential SUD unit.

Supervision: Interns will receive individual supervision with a licensed psychologist as well as group supervision. Layered supervision with a SARRTP postdoctoral fellow is also possible.

Assessment and Treatment Opportunities: In addition to co-facilitating a group (i.e., in vivo exposure or trauma-focused CBT), interns will deliver individual PTSD/SUD treatment in an accelerated format (3x weekly), allowing most Veterans to complete PTSD treatment protocols prior to discharge from SARRTP. This format takes advantage of the safety and structure of the residential setting in order to promote treatment engagement and completion. The residential setting (i.e., minimizing no-shows) and accelerated treatment approach afford a unique opportunity to establish strong competency implementing evidence-based PTSD treatment with a complex and very diverse population. Prolonged Exposure, Cognitive Processing Therapy, COPE, and Trauma-Informed Guilt Reduction Treatment (TriGR) are most heavily utilized. Opportunities for Motivational Interviewing and CBT for SUD, and DBT skills for emotion regulation, distress tolerance, and interpersonal effectiveness are also available. Interns will also conduct PTSD-focused intake assessments.

Didactics/Team Meetings: Interns in the SARRTP placement will attend a weekly Addiction Seminar, which includes a 16-week didactic course on addictions designed to meet state pre-licensure requirements. Interns will attend rounds once per week with a multidisciplinary team of a psychologist, psychiatrists, social workers, nurses, chaplains, addiction therapists, and peer support specialists.

Research Opportunities: Interns are welcome to collaborate with VA faculty on research projects as time permits.

Primary Location: La Jolla VA Medical Center

Patient Population: Interns will work with Veterans with PTSD from all trauma types, including combat (all eras), military sexual trauma, and childhood trauma. The SARRTP patient population is very diverse.

Number of Staff in Clinic: Approximately 25

Number of Trainees in Clinic: 1 psychology intern, 1 postdoctoral fellow

Primary supervisor: **Emily Wilhite, Ph.D.** Emily Wilhite received her Ph.D. in Clinical Psychology from The University of Texas at Austin in 2018 and completed a predoctoral internship at the UCSD/VA Psychology Internship Training program. She also completed a postdoctoral fellowship on SARRTP at VASDHS/UCSD. Dr. Wilhite is currently a staff psychologist at VASDHS. She is the director of the SARRTP PTSD track, which provides evidence-based PTSD treatment (i.e., prolonged exposure, cognitive processing therapy, COPE) to veterans currently engaging in residential substance use disorder (SUD) treatment. Additionally, Dr. Wilhite collaborates with the SARRTP interdisciplinary team to provide evidence-based group treatments for SUD. Dr. Wilhite is also a CO-I on Dr. Mallory Loflin's VA-funded randomized control trial examining the efficacy of using Cannabidiol (CBD) as an adjunctive to prolonged exposure therapy.



20 VA Dual Diagnosis Recovery Program (DDRP)

Overview: The VA San Diego Dual Diagnosis Recovery Program (DDRP) provides empirically-supported assessments and therapies for Veterans with co-occurring substance use and psychiatric disorders (e.g. depression, PTSD, anxiety). This interprofessional team operates as a specialty mental health clinic and the staff consists of members from psychology, psychiatry, social work, and research.

Supervision: The intern will receive a range of supervision modalities. During initial training, the intern will first observe clinical staff and then be observed and given feedback prior to seeing Veterans independently. The intern will have 1 hour/week of individual supervision with Dr. Trim incorporating case note reviews, role-play simulations, audiotape reviews, and other forms of narrative therapy. This supervision is supplemented by feedback in both the DDRP interprofessional team meeting and the group supervision meeting for trainees in addictions rotations, as well as informal supervisor planning and feedback before and/or after group therapy sessions.

Assessment and Treatment Opportunities: This placement offers a wide range of clinical opportunities, with a focus on group therapy and psychological assessment with dually diagnosed Veterans. The intern will learn how to administer and interpret psychosocial/diagnostic interviews (with an emphasis on differentiating between substance-induced versus independent psychiatric

problems). The intern will also serve as co-facilitators for treatment groups that integrate empirically supported interventions (i.e. CBT, ACT, MI, RP, etc.) for veterans at varying levels of recovery from substance use and psychiatric disorders. The intern will carry a modest individual therapy caseload focusing on CBT-SUD and MET/MI approaches. The intern may choose to provide informal, “layered” clinical supervision in the later stages of training (via structured format and feedback sessions with graduate student therapists).

Didactics/Team Meetings: Interns attend the weekly DDRP interprofessional team meeting and the weekly Substance Use Disorder seminar (which includes a 16-week didactic course on addictions designed to meet state pre-licensure requirements).

Research Opportunities: The Biobehavioral Addictions Research seminar meets approximately every other Wednesday (4-5pm) and focuses on professional development, lab overviews, conference presentations, practice job/dissertation talks, and grant feedback. Additional research opportunities may be available with addictions faculty at VASDHS/UCSD (completion of dissertation is strongly encouraged prior to taking on new collaborative research projects).

Primary Location: La Jolla VA Medical Center

Patient Population: Veterans with co-occurring substance use and psychiatric disorders, ranging in age from early 20s to late 60s, primarily male, ethnically diverse.

Number of Staff in Clinic: Approximately 4

Number of Trainees in Clinic: 1-2 psychology graduate students; 1 psychology intern; 1 social work intern; 1-2 psychology postdoctoral fellows

Primary supervisor: Ryan Trim, Ph.D. Dr. Trim received his Ph.D. in Clinical Psychology from Arizona State University after completing an APA-accredited internship at the VA San Diego. He then served as an NIAAA postdoctoral fellow at UCSD and was appointed as faculty in the UCSD Department of Psychiatry in 2009. He is broadly interested in the impact of individual and environmental risk factors on substance use and related high-risk behaviors across the lifespan. His primary research interest focuses on the onset, maintenance, and escalation of substance use in adolescence and young adulthood from a developmental psychopathology perspective. Consistent with these research areas, he has an overarching interest in longitudinal data analysis and utilizing statistical models of change to capture dynamic patterns of substance use behaviors. He holds a concurrent appointment in the VASDHS Psychology Service (as Program Manager of DDRP) where he serves as a primary clinical supervisor for graduate students, interns, and fellows. He also provides research mentorship for graduate students and postdoctoral fellows with interests in substance use research.



<http://profiles.ucsd.edu/Ryan.Trim>

21 **Mental Health Tobacco Cessation Program**

Overview: Part of the VA San Diego National Tobacco Cessation Clinical Resource Center, the Mental Health Tobacco Cessation Program provides tobacco cessation evaluation, referral and treatment for veterans, most of whom have psychiatric disorders. Interventions are group and telephone-based, consisting of outpatient clinics and a group for inpatients in the Substance Abuse Residential Rehabilitation Program (SARRTP). The treatment team consists of psychologists, a psychiatrist and a pharmacist.

Supervision: Interns participate in individual and group supervision. Supervision is done by direct observation, review of audio recordings and discussion/verbal report.

Assessment and Treatment Opportunities: The goal of this placement is for interns to become proficient in evidence-based treatment for tobacco use, and to gain skills for motivating veterans to change their tobacco use and utilize evidence-based treatment. Providing treatment primarily for veterans with psychiatric disorders and delivering an Motivational-Interviewing based treatment engagement intervention are unique aspects of this placement. Our tobacco cessation program is grounded in cognitive-behavioral principles and focuses on behavior change skills including managing urges to smoke, coping with high-risk situations and relapse prevention. Motivational interviewing skills and strategies are an important part of services provided by the program, which includes a telephone-delivered treatment engagement intervention. Trainees will also become knowledgeable regarding medications commonly used for tobacco cessation.

Didactics/Team Meetings: Interns will attend the VA Substance Use Disorders Seminar that consists of presentations and trainings by experts in substance use disorder treatment. The seminar also includes a 16-week didactic course on addictions designed to meet CA state pre-licensure requirements.

Research Opportunities: Interested interns are welcome to become involved in ongoing research projects and to access previously collected data for writing manuscripts. Interns are invited to attend the UCSD Addictions Research seminar. This seminar meets twice monthly on the UCSD Medical School campus and focuses on professional development, lab overviews, conference presentations, practice job/dissertation talks, and grant feedback

Primary Location: La Jolla VA Medical Center

Patient Population: Primarily male veterans of diverse age and ethnicity and with a broad range of psychiatric disorders. Treatment settings include the Substance Abuse Residential Rehabilitation Program (SARRTP) and the outpatient Mental Health Clinic.

Number of Staff in Clinic: 3

Number of Trainees in Clinic: In addition to the intern this rotation includes a psychology resident and at times a clinical psychology practicum student..

Primary Supervisor: Mark Myers, Ph.D. **Dr. Myers** received his Ph.D. in clinical psychology from the UCSD/SDSU Joint Doctoral Program in Clinical Psychology, completed his predoctoral internship at Brown University, and completed a post-doctoral fellowship at the Brown University Center for Alcohol and Addiction Studies. Dr. Myers is a Staff Psychologist at VASDHS where he serves as Lead Clinician for Tobacco Cessation and Deputy Director of the VASDHS National Tobacco Cessation Clinical Resource Center. He is also a Professor in the Department of Psychiatry at UCSD. Dr Myers is a licensed psychologist in the State of California. His clinical role includes providing tobacco cessation services to veterans, managing the tobacco cessation consult clinic and overseeing cognitive-behavioral group-based tobacco cessation treatment in VASDHS. His research focuses on smoking cessation and enhancing evidence-based treatment utilization, especially among individuals with co-morbid psychiatric disorders.



<http://profiles.ucsd.edu/Mark.Myers>

Child Focus:

22 Rady Child and Adolescent Psychiatric Services (CAPS)

Overview: CAPS is a locked inpatient unit dedicated to providing assessment and intervention to children and adolescents under the age of 18 who have diagnoses of severe mental illness. The children and adolescents hospitalized at CAPS typically have more than one primary psychiatric diagnosis which may include depression, anxiety, bipolar disorder, posttraumatic stress disorder, schizophrenia, ADHD, and substance abuse, as well as co-morbid illnesses and conditions. Additionally, the children and adolescents often have histories of abuse and neglect and the families may have transgenerational histories of psychiatric disorders, substance abuse and mental illness. An additional component of the training experience at CAPS is the multicultural nature of the milieu. Therapists must often work cross-culturally and typically learn how to incorporate cultural sensitivity into their assessment and treatment plans.

Supervision: Interns are supervised in a variety of ways. All interns receive a minimum of 1 hour weekly in individual supervision but on-going "drop in" supervision occurs regularly throughout each week. Interns also participate in weekly 1-2 hour group supervision in which interns present and discuss the children/adolescents they are working with, from both assessment and treatment perspectives. Narrative supervision is the primary modality for supervision but this is supplemented by in vivo supervision as well. Interns also have the opportunity to provide direct supervision to advanced practicum students.

Assessment and Treatment Opportunities: At CAPS, interns provide both intervention and assessment services. Interns work intensively with patients from the point of admission through discharge and are responsible for the individual therapy for the children/adolescents on their caseload. Interns also co-facilitate one CBT or DBT group weekly. Primary intervention techniques commonly

include CBT, DBT, and MI. All assessment and intervention is done within the inpatient setting. Interns also share responsibility for cognitive and personality assessments with practicum students. Assessments are done on a referral basis with (typically) 1-2 children/adolescents referred for testing weekly. Interns have considerable opportunity to develop their skill in assessment through direct administration of tests, report writing and in-depth supervision, in both individual and group formats.

Didactics/Team Meetings: Interns attend multidisciplinary treatment team meetings daily and are encouraged to attend monthly Pediatric Psychiatry Grand Rounds. Interns are welcome to attend other specialized didactic opportunities, depending on their individual interests.

Research Opportunities: Interns are welcome to initiate research activities when/if their dissertations are completed.

Primary Location: CAPS is physically located at Rady Children's Hospital but all faculty and trainees are members of the Department of Psychiatry at UCSD.

Patient Population: All children/adolescents are younger than the age of 18 and typically have diagnoses of severe mental illness.

Number of Staff in Clinic: CAPS is staffed by a wide assortment of disciplines. Primary faculty includes one psychologist, several psychiatrists, 5 child psychiatry fellows and three social workers. Additional staff includes consultants from pediatrics, nursing, recreational therapists, pharmacologists and dietitians.

Number of Trainees in Clinic: Four interns are among many other trainees at CAPS which includes 5 fellows in child psychiatry and typically 2-3 psychology practicum students. Second year residents in Psychiatry also rotate through the unit as do both third and fourth year medical students.

Primary Supervisor: Sandy Brown, Ph.D., ABPP. **Dr. Brown**

received her Ph.D. in clinical neuropsychology from the University of Windsor after completing an Internship at Henry Ford Hospital in Detroit, specializing in neuropsychology. She is currently a Clinical Professor of Psychiatry in the UCSD School of Medicine, the Co-Director of Internship Training and directs the internship rotation training program at the Child and Adolescent Inpatient Psychiatric Service (CAPS). Dr. Brown is also a Diplomat of the American Board of Professional Psychology with a specialty in Neuropsychology, a member of Division of 40 of the American Psychological Association and a member of the International Neuropsychological Society. Her clinical interests include neuropsychological functioning in children and adults with neurological and psychiatric disorders.



<http://profiles.ucsd.edu/Sandra.Brown>

23 UC San Diego Child & Adolescent Outpatient Psychiatry

Overview: Rady Children's Outpatient Psychiatry Clinic serves the diverse mental health needs of children and their families from San Diego and Imperial Counties. The clinic is the largest provider of Medicaid-funded outpatient

mental health services for children and adolescents in San Diego with a wide variety of psychiatric disorders. Client age range is 2-21 years old. There is a strong emphasis on implementation of evidence-based interventions. Interns' work with families are supported by case managers, administrative support, and AOD counselors. There is a strong community collaboration, including interaction with child protective services, family or juvenile courts, other health care providers, and school systems.

Supervision: Interns will participate in individual and group supervision on a weekly basis. Supervision will entail both videotaped recordings and live observations.

Assessment and Treatment Opportunities: Interns have the opportunity to obtain experience in the following: a) diagnostic assessment; b) individual psychotherapy; c) family psychotherapy; d) group therapy; e) psychological testing of children and adolescents; f) consultation (e.g., schools, psychiatrists), and g) providing clinical supervision to practicum trainees. Approach to treatment: evidence-based therapies in the context of developmental psychopathology.

Didactics/Team Meetings: Child and Adolescent Psychiatry Grand Rounds, Clinical Consultations, Inter-disciplinary Treatment Team Meetings, and In-Service Trainings. Optional Didactics: Child & Adolescent Psychiatry Fellowship Seminars/Courses (e.g., Forensic, Neuropsychology, Psychopharmacology), ADOS Trainings (psych testing), Autism Seminars, Trauma Seminars, and Eating Disorder Seminars.

Research Opportunities: Opportunity to make connections with research investigators at the Child and Adolescent Services Research Center to discuss potential post-doctoral research opportunities and potential opportunities to participate as study therapist in community effectiveness trials. Presentation of research at annual Judd Symposium.

Primary Location: Rady Children's Hospital

Patient Population: Interns will gain experience with a diverse patient population, ranging in age from toddlers through adolescents and presenting with a variety of diagnoses, including mood disorders, disruptive disorders, anxiety, and developmental disorders. The patient population is also diverse in terms of socio-economic status, race/ethnicity, and family composition.

Number of Staff in Clinic: 14 (psychiatrists, psychologist, licensed marriage and family therapists, and licensed clinical social workers)

Number of Trainees in Clinic: 16-18 (9 psychiatry fellows, 2 psychology interns, 1-3 psychology practicum students, 4 MFT trainees)

Primary Supervisors: Katherine Williams, Ph.D. and Lauren Brookman-Frazee, Ph.D.

Dr. Williams received her undergraduate degree in Psychology at UCSD and graduate degrees in Clinical Psychology at Pepperdine University & Loma Linda University. She completed her doctoral internship at the UCSD/VA Psychology Internship Training Program, and postdoctoral research fellowship at the Child & Adolescent Services Research Center. Dr. Williams is the supervising psychologist at the Department of Outpatient Psychiatry, Rady Children's Hospital. She is a Clinical Professor of Psychiatry at UCSD, where she teaches and mentors medical students and psychiatry fellows within the School of Medicine, and supervises UCSD psychology interns and SDSU/UCSD Joint Doctoral Program practicum students. Dr. Williams has presented at Grand Rounds, conducted clinical trainings, co-authored books, articles, and research presentations nationally and internationally. Her clinical interests include modular approach to cognitive-behavioral therapy, as well as assessment of autism spectrum disorders. Her research interests focus on understanding factors that influence the fidelity and effective implementation of evidence-based practices in the treatment of childhood emotional and behavioral disorders. Dr. Williams writes *The Modern Child*, a national blog for Psychology Today, as well as hosts the Ask Dr. Kat show on BellaV TV. She is the primary author of *Modular CBT for Children and Adolescents with Depression: A Clinician's Guide to Individualized Treatment*.



<http://profiles.ucsd.edu/katherine.williams>

Dr. Brookman-Frazee received her Ph.D. from the Counseling, Clinical, and School Psychology Program at the University of California, Santa Barbara. She completed her pre-doctoral clinical internship at UCSD and her post-doctoral fellowship at UCSD at the Child and Adolescent Services Research Center. She is currently a Professor of Psychiatry at the University of California, San Diego, Associate Director of the Child and Adolescent Services Research Center, Research Director at the Autism Discovery Institute at Rady Children's Hospital – San Diego, and Co-Director the SDSU/UCSD Joint Doctoral Program in Clinical Psychology. She is a licensed clinical psychologist and board certified behavior analyst specializing in psychosocial interventions for children with autism spectrum disorder and other developmental and mental health problems. Dr. Brookman-Frazee's NIMH-funded research involves partnering with mental health and education system leaders, providers and families to develop, test and implement scalable interventions in community service settings. She conducts this research with the specific population of children with (or at risk for) autism spectrum disorder as well as the broader population of children with mental health problems receiving publicly-funded mental health services.



<http://profiles.ucsd.edu/lauren.brookman-frazee>

24 Rady Children's and Hospital and UCSD Medical Behavioral Unit
(MBU)

Overview: Rady Children’s Hospital San Diego’s Medical Behavioral Unit offers medical stabilization for children, adolescents and young adults (up to age 30) with eating and feeding disorders. The unit is located on a medical floor at Rady Children’s Hospital and the primary focus is acute medical stabilization of malnutrition. The average length of stay for patients is two weeks. Patients and their families receive daily psychological treatment including brief behavioral interventions, Family Based Treatment (FBT; Maudsley approach) as well as CBT and DBT skills training. Work with families also includes case management. Additionally, the psychology team provides consultation services to other medical specialties (e.g., gastroenterology, neurology, and nephrology) for children hospitalized at Rady Children’s Hospital with feeding and eating issues.

Supervision: Interns will participate in individual and group supervision on a weekly basis. Supervision will entail live observations.

Assessment and Treatment Opportunities: Interns have the opportunity to obtain the following: a) Family Based Treatment (FBT; Maudsley Approach); b) individual therapy; c) group and milieu therapy; d) meal supervision; e) consultation services with other medical specialties. Approach to treatment is evidence based therapy in the medical setting.

Didactics/Team Meetings: Child and Adolescent Psychiatry Grand Rounds; Eating Disorder Seminar; Multidisciplinary rounds; Optional Didactics: Child & Adolescent Psychiatry Fellowship Seminars/Courses (e.g., Forensic, Neuropsychology, Psychopharmacology)

Research Opportunities: Opportunities are available to make connections with research investigators at the UCSD Eating Disorder Center and Medical Behavioral Unit to discuss potential post-doctoral research opportunities.

Primary Location: Rady Children's Hospital San Diego

Patient Population: Interns will gain experience with a diverse patient population, ranging in age from elementary aged children through young adulthood (up to age 30) presenting to the hospital with a primary medical diagnosis. Interns will gain exposure to a variety of psychiatric diagnoses, including eating disorders, feeding disorders, obsessive compulsive disorder; conversion disorder; disruptive behavior disorders as well as mood and anxiety disorders. The patient population is diverse in terms of socio-economic status, race/ethnicity, and family composition.

Number of Staff on the Unit: Three adolescent medicine attending physicians, 2 Child Psychiatrists; 1-2 psychologists, 2 Licensed Marriage and Family Therapists, 1 dietitian, nursing.

Number of Trainees on the Unit: Rotating psychiatry fellows, 1 post-doctoral fellow; 1 psychology intern, 1 psychology practicum student, 1 MFT trainee).

Primary Supervisor: Tamara “Tammy” Maginot, Ph.D. **Dr.**

Maginot works at the Medical Behavioral Unit at Rady Children's Hospital/ UCSD Eating Disorders Center for Treatment and Research Program. She is an Assistant Clinical Professor of Psychiatry at UCSD. Tammy earned her Ph.D. in clinical psychology with an emphasis in pediatric health



from the California School of Professional Psychology. Tammy completed her clinical internship at Sharp Healthcare in San Diego and completed her doctoral dissertation on the effect of weight on elementary school aged children's social competence. Tammy's clinical and research interests include working with children and adolescents managing chronic medical conditions, trauma-informed care, family-based treatment of obesity and eating disorders, and medical stabilization of eating disorders.

Trauma Focus:

25 VA La Jolla PTSD Clinical Team

Overview: The La Jolla PTSD Clinical Team serves Veterans of all service eras

(e.g., Vietnam, Korea, Persian Gulf, Iraq, Afghanistan, Global War on Terror) with PTSD due to combat/military trauma, civilian trauma, interpersonal trauma, and military sexual trauma (MST). The multidisciplinary La Jolla PTSD Clinical Team meets weekly and consists of psychology, social work, nursing, and psychiatry providers who deliver treatment at the VA Medical Center in La Jolla.

Supervision: Individual supervision with direct supervision and possible video/audio-taping and group consultation.

Assessment and Treatment Opportunities: Interns will develop empirically-based PTSD assessment and treatment skills through conducting comprehensive intake interviews with differential diagnosis, utilizing self-report measures for PTSD and related symptoms, and learning the Clinician Administered PTSD Scale (CAPS). Interns will conduct empirically supported individual treatments for PTSD, primarily prolonged exposure (PE) and cognitive processing therapy (CPT). Interns may also conduct empirically-based cognitive behavioral- or ACT-focused interventions for posttraumatic anger, guilt, readjustment to civilian life difficulties, and comorbid conditions, particularly substance use disorders and TBI-related cognitive difficulties. Interns are encouraged to develop ideas for group-based psychotherapy, as well. Interns will learn to conduct individualized treatment planning, consult with multidisciplinary treatment team members, and assist with other VA clinic and community referrals.

Didactics/Team Meetings: Weekly La Jolla PTSD Clinical Team meeting; weekly didactic PTSD training seminar

Research Opportunities: Interns may examine research questions through the ongoing clinic evaluation study and have the opportunity to collaborate on manuscripts if interested.

Primary Location: VA Medical Center in La Jolla

Patient Population: Veterans from all service eras with diverse cultural backgrounds

Number of Staff in Clinic: 5

Number of Trainees in Clinic: 2 interns, 1 postdoctoral fellow, 1 psychiatry resident (variable)

Primary Supervisor: Katharine Lacefield, Ph.D., ABPP.

Dr. Lacefield received her Ph.D. in Clinical Psychology from the University of Central Florida in 2013 after completing a predoctoral internship in clinical psychology at the Southwest Consortium. She completed a postdoctoral fellowship in traumatic stress at the Washington DC VA Medical Center. She is a diplomate of the American Board of Professional Psychology in Clinical Psychology, a clinical assistant professor of Psychiatry and a lecturer in the UC San Diego Department of Psychology. She also serves as a CPT trainer and consultant for the facility. Dr. Lacefield's research interests include examining correlates of and treatment outcomes for gender and sexual minorities diagnosed with Posttraumatic Stress Disorder and comorbid conditions.



26 VA Mission Valley PTSD Clinic

Overview: The VA Mission Valley PTSD Clinical Team serves Veterans of all service eras (e.g., Vietnam, Korea, Persian Gulf, Iraq, Afghanistan, Global War on Terror) with PTSD due to all trauma types, e.g., combat/military trauma, military sexual trauma, interpersonal trauma, civilian trauma, childhood trauma. The multidisciplinary VA Mission Valley PTSD Clinical Team meets weekly and consists of psychology, psychiatry, nursing, social work, chaplain, and peer support providers who deliver treatment at the VA Outpatient Clinic in Mission Valley.

Supervision: Individual supervision with direct supervision and possible video/audio-taping, group consultation, and opportunities for interns to provide vertical supervision to practicum students

Assessment and Treatment Opportunities: Interns will develop empirically-based PTSD assessment and treatment skills through conducting comprehensive intake interviews with differential diagnosis, utilizing self-report measures for PTSD and related symptoms, and learning the Clinician Administered PTSD Scale (CAPS). Interns will conduct empirically supported individual and group psychotherapy for PTSD, primarily prolonged exposure (PE) and cognitive processing therapy (CPT). Interns may also conduct empirically-based cognitive behavioral-, ACT-, or DBT-focused interventions for posttraumatic anger, guilt, readjustment to civilian life difficulties, complex trauma, and comorbid conditions, particularly substance use disorders and TBI-related cognitive difficulties. Interns will learn to conduct individualized treatment planning, consult with multidisciplinary treatment team members, and assist with other VA clinic and community referrals.

Didactics/Team Meetings: Weekly Mission Valley PTSD Clinical Team meeting; weekly didactic PTSD training seminar; possible opportunities for CPT consultation, PE consultation, & complex trauma consultation

Research Opportunities: Interns may conduct program evaluation by identifying a clinical question and collecting data within the clinic. Interns may have the opportunity to collaborate on manuscripts or peer reviews with supervisors, if interested.

Primary Location: VA Mission Valley Community Based Outpatient Clinic

Patient Population: Male and Female Veterans from all service eras with diversity in terms of race, ethnicity, gender identity and sexual orientation

Number of Staff in Clinic: 16

Primary Supervisors: Lisa Campbell, Ph.D., Victoria Farrow, Ph.D.,

Dr. Campbell received her Ph.D. in Clinical Psychology from the University of Nevada, Reno in 2004 after completing her predoctoral internship at the VA Loma Linda Healthcare System. She then completed her postdoctoral training in behavioral medicine, anxiety disorders, and military sexual trauma at VA San Diego. Dr. Campbell is currently a staff psychologist at VASDHS, where she provides service in the Telemental Health program and directs the South County PTSD program which specializes in treatment of combat related trauma for veterans of all eras at the Mission Valley outpatient clinic. Her clinical interests include treatment of PTSD with empirically supported treatments including Prolonged Exposure and Cognitive Processing Therapy.



Dr. Farrow received her PhD in clinical psychology from American University in Washington, DC, 2014 after completing her predoctoral internship at the Salem VA Medical Center. She completed a postdoctoral fellowship at VASDHS/UCSD, focusing on evidence-based assessment and treatment of PTSD.



She currently serves as a staff psychologist at VASDHS within the Mission Valley PTSD Clinic, and is an Assistant Clinical Professor of Psychiatry at UCSD. Dr. Farrow provides evidence-based treatments for PTSD and trauma-related distress (e.g., PE, CPT, EMDR, DBT skills). She is interested in the long-term effects of prolonged and repeated traumatization and has a special interest in working with interpersonal trauma survivors (e.g., survivors of military sexual trauma, civilian sexual assault, childhood abuse). Dr. Farrow serves as a primary clinical supervisor for the VASDHS/UCSD Psychology Internship Training Program within the Mission Valley PTSD Clinic.

<http://profiles.ucsd.edu/victoria.farrow>

27 The VA ASPIRE Center Residential Treatment Facility

Overview: The ASPIRE Center is a 40-bed residential treatment facility focused on recovery from PTSD and in homeless/risk of homeless OEF/OIF/OND Veterans. Although symptom reduction is an important treatment goal of learning-based interventions for PTSD, intervention targets have expanded to include quality of life and functioning in social and instrumental role domains among patients with more complex psychosocial needs and comorbidities. As such, the focus of rehabilitation and recovery efforts at the ASPIRE Center is to ultimately improve real-world community functioning. The program model parallels that of a community college, in which Veterans design, through shared decisions, a treatment plan that maps onto their individualized recovery plan. The Center provides state-of-the-art interprofessional rehabilitation, and the trainee will collaborate with ASPIRE staff representing the full range of disciplines, including nursing, psychiatry, psychology, neuropsychology, social work, vocational rehabilitation, chaplaincy, addiction therapists, and OT.



Supervision: Intern will have one primary individual supervisor and will also interact regularly with other psychologists, a postdoctoral fellow and ASPIRE Center staff (e.g., psychiatrist, social work) through group supervision, team meetings and co-therapy. Opportunities for interns to provide layered clinical supervision of psychology externs may also be available.

Assessment and Treatment Opportunities: Interns have the opportunity to gain hours in almost every category of clinical care, including: a) diagnostic assessment; b) individual therapy; c) group therapy; d) supervision and didactics. Interns will learn to deliver evidence-based interventions for PTSD (e.g., Cognitive Processing Therapy and Prolonged Exposure). In addition, interns will learn to administer, score and interpret comprehensive psychodiagnostic assessments and provide feedback regarding test results. Students will gain from participating in a multidisciplinary training environment, which includes diverse clinicians and trainees and clinical and translational academic researchers.

Didactics/Team Meetings: Interns will participate in daily, interdepartmental treatment team meetings to orchestrate care; staff typically include psychiatry, pharmacy, social work, nursing, vocational rehabilitation, dietician, and chaplain. Interns will also attend the following weekly seminars: PTSD and Intern Seminar.

Research Opportunities: As time and interest permits, interns may participate in research examining archival clinical data, performance improvement data, affiliate with research projects conducted by supervisors, and/or co-author manuscripts.

Primary Location: Old Town San Diego at the ASPIRE Center

Patient Population: Male and female Veterans who are younger (aged 20 to 40 is typical) and who have been diagnosed with PTSD and are unstably housed. There is also opportunity to work with a subset of the Veterans who have primary diagnoses of psychotic disorders, chronic pain, mood disorders, or anxiety disorders other than PTSD

Number of Staff in Clinic: 26 full-time staff, including psychiatry, pharmacy, nursing, psychology, chaplain services, vocational rehabilitation, occupational therapy, health education, recreation opportunities, dietary services, and yoga and mindfulness-based interventions.

Number of Trainees in Clinic: 1 psychology intern

Primary supervisor: Melissa Tarasenko, Ph.D. **Dr. Tarasenko**

received her Ph.D. in Clinical Psychology from the University of Nebraska-Lincoln in 2013. She completed a predoctoral internship in clinical psychology at the UCLA Semel Institute for Neuroscience and Human Behavior and a postdoctoral fellowship in research and treatment of severe mental illness at the VASDHS Mental Illness Research, Education, and Clinical Center (MIRECC). Dr. Tarasenko is a staff psychologist at the VASDHS ASPIRE Center, a residential rehabilitation program that primarily serves Veterans with PTSD and substance abuse disorders. Dr. Tarasenko's research interests include utilizing neurophysiological biomarkers to personalize the provision of cognitive enhancement interventions, as well as evaluating the effectiveness of cognitive remediation and other rehabilitative interventions.



<https://profiles.ucsd.edu/melissa.tarasenko>

28 VISN 22 Telemental Health (TMH) Center

Overview: The VISN 22 TMH Center has 13 offices with state-of-the-art telehealth technology utilized for clinical care of Veterans across the VISN 22 Region. This Center consists of a multidisciplinary team of psychiatrists, psychologists, social workers, and researchers and a robust training program focused on providing Evidence-based Psychotherapy (EBP) specialty care to Veterans using live, interactive videoconferencing; particularly targeting those Veterans in rural and underserved communities. The VISN 22 TMH Center resides within the VASDHS operating under the Mental Health Care Line, providing individual, couple, and group therapy in addition to medication management to Veterans presenting with range of mental health issues including PTSD, Depression, and Anxiety. The VISN 22 TMH Center provides opportunities to a range of clinical trainees to develop their EBP clinical skills and develop a niche in the field working with rural veterans and innovative technology applications. Interns will work directly with Veterans who are referred for specialty services, specifically EBP for PTSD, Anxiety, Depression, and Anger Management. The intern will have opportunities to learn about EBPs and then have the unique opportunity to provide such therapies to Veterans using our innovative technology platforms. Trainees will learn to develop skills necessary to work with various cultural groups in a unique way.

Supervision: Weekly individual supervision.

Assessment and Treatment Opportunities: Initial psychological evaluation experience as well as training in evidence based practices for PTSD (Cognitive Processing Therapy and Prolonged Exposure Therapy), Depression (Cognitive

Behavioral Therapy and Acceptance Commitment Therapy), Anxiety (Cognitive Behavioral Therapy and Acceptance Commitment Therapy), and Insomnia (Cognitive Behavioral Therapy for Insomnia)

Didactics/Team Meetings: Weekly staff meetings; bi-weekly case consultation and didactics

Research Opportunities: Current ongoing randomized clinical trials with telemental health and PTSD.

Primary Location: Old Town San Diego at the ASPIRE Center

Patient Population: Male and Female veterans; multiple war eras

Number of Staff in Clinic: The TMH team includes 8 psychologists, 2 social workers, 1 psychiatrist, administrative support staff, and several research psychologists

Number of Trainees in Clinic: 1 psychology intern, 1 psychology practicum student, 1 social work intern, 3 psychiatry residents

Primary Supervisors: Leslie Morland, PsyD and Jeffrey Poizner, PsyD.

Dr. Morland is the Director of the Veterans Integrated Service Network (VISN) 22 Telemental Health Center and a Clinical Psychologist at the Department of Veterans Affairs San Diego Healthcare System. Dr. Morland devotes time to regional and national leadership roles focused on the strategic planning and implementation of the use of technology to increase access to posttraumatic stress disorder (PTSD) specialty care in the Veterans Health Administration. Dr. Morland is frequently called upon as a consultant by the Department of Veterans Affairs Central Office regarding the provision of telemental health (TMH) services, project design, educational training, and program implementation. Dr. Morland is also a Research Psychologist at the Department of Veterans Affairs, National Center for PTSD where she designs and implements multiple federally funded research projects examining the clinical and cost aspects of using technology to provide evidence based PTSD services for rural Veteran populations. In addition, Dr. Morland provides research consultation and mentorship on multiple research projects and national initiatives. Dr. Morland's TMH research has resulted in numerous peer-reviewed publications and personally invited presentations.



<http://profiles.ucsd.edu/leslie.morland>

Dr. Poizner is a Staff Psychologist at VA San Diego and specializes in providing evidence-based treatments to veterans via Telemental Health. Dr. Poizner received his Psy.D. in Clinical Psychology from the California School of Professional Psychology at Alliant International University, San Diego, and completed his pre-doctoral internship at UCLA and post-doctoral fellowship at UCSD. He is involved with training clinicians nationwide in Prolonged Exposure as a consultant in the VA Prolonged Exposure Training Initiative. Clinical and research interests include reducing barriers and improving access to evidence-based treatments for veterans with PTSD.

Internship Policies and Procedures

Qualification Standards

Only applicants from APA- or CPA-accredited doctoral programs in clinical or counseling psychology will be considered. Interns are expected to have completed at least three years of doctoral study before beginning the internship year. 1,000 clinical practicum hours (includes face-to-face and virtual clinical hours, supervision, support hours, etc.) are aspirational but we will accept applications with fewer clinical hours as we understand hours accrued may be truncated due to COVID-19. Students should also have proposed their dissertation before applying to this internship. Furthermore, only students who have completed their department's practicum requirements and whose department indicates that the student is ready for a pre-doctoral internship should apply. Our internship program trains doctoral candidates to function as autonomous psychologists in health care settings that place a strong emphasis on teaching and research, using the Boulder, scientist-practitioner model. As such, we attempt to recruit students with balanced experiences in both clinical and research domains rather than students with predominantly a clinical professional focus. The majority of our Interns develop careers that include a research component.

The Internship Program is accredited by APA. To confirm status contact APA CoA at the following address:

Office of Program Consultation and Accreditation
American Psychological Association
750 First Street, N.E.
Washington, DC 20002-4242
Phone: (202) 336-5979
Fax: (202) 336-5978
Email: apaaccred@apa.org
Web: www.apa.org/ed/accreditation

Application Procedures

The UCSD/VA Psychology Internship Training Program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). The internship year begins on July 1, every year. The application deadline is November 1, 2020. Applicants will complete and submit the AAPI Online to internship programs of interest. The AAPI can be completed at <http://www.appic.org>. In addition, the usual application packet (cover letter, CV, letters of recommendation, DCT verification of internship readiness graduate transcripts, and program specific application) will all be submitted through the online application portal. By mid-December a select number of applicants will be invited for a full day of interviews in early January. Serious candidates are expected to visit San Diego if selected for an interview. If notable extenuating circumstances prevent an in-person interview, phone interviews can be arranged but must take place during business hours within the regularly scheduled interview week. Our brochure is located at: <https://medschool.ucsd.edu/som/psychiatry/education/Programs/Pages/psychology-internship.aspx>. Applicants are asked to rank order up to three positions that define their primary interests (see Appendix A for Positions). Offers are tendered to applicants through the APPIC National Computer Match process in strict compliance with APPIC policy regarding internship offers and acceptances. Instructions for the APPIC-MATCH Procedures can be found on the APPIC Web Site at www.appic.org/match. This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant. Applicants are similarly expected to conform their behavior to the requirements of the APPIC program. All participating agencies of the UCSD/VA Psychology Internship Program are Equal Opportunity Employers and we encourage ethnic minority applicants to apply.

Supervision

Interns enter training under the primary supervisor(s) outlined for their rotation combination (see previous section, *Rotation Descriptions*, and Appendix A). These supervisors are responsible for the direct training of the intern throughout the year. Responsibilities of the primary supervisors are to: (1) review the intern's previous training, identifying areas of strength and weaknesses; (2) utilize this information in organizing intern's training activities; (3) insure that the intern has a supervisor for every activity and that supervision is occurring weekly; (4) meet with the intern each week to review the progress of the intern's training and provide individual supervision; (5) fulfill all other duties as needed. We encourage interns to take initiative to confer regularly with their supervisors. In some instances, primary supervisors may be changed during the year if faculty leave the program or a change proves advantageous for the intern.

In addition to the primary supervisors, each intern may have other supervisors assigned to him or her during the course of the year including senior

psychologists assigned to the unit on which the intern is rotating or additional specialized supervision by psychologists who are active clinicians but are not directly assigned to the rotation unit. Supervisors all assume direct responsibilities for teaching, instructing, observing, and otherwise maintaining supervision for specific clinical training activities. All supervisors have (or in the process of acquiring) faculty or staff appointments at UC San Diego.

Training Methods

In helping interns acquire proficiency in the core competency areas noted previously, a training approach is used in which internship learning objectives are accomplished primarily through experiential clinical learning under the supervision and mentoring of licensed psychologists. All work performed by interns during the internship year must be under the supervision of a licensed psychologist. Interns work with and are supervised by psychologists who serve as consultants to medical staff members or who serve as members of multidisciplinary teams in treatment units or programs. As a consultant or team member under supervision, the intern's core competencies are developed and the intern learns to gradually accept increasing professional responsibility. Interns are provided a wide range of experience in psychological treatment and assessment modalities offered by the service. The internship is primarily learning oriented and training considerations take precedence over service delivery. Since interns enter the program with varying levels of experience and knowledge, training experiences are tailored so that an intern does not start out at too basic or too advanced a level. Generally, an intern's training on a given rotation will follow a progression from observation to increasingly autonomous, albeit monitored and supervised, activity. This progression might typically include:

1. Observation of the supervisor performing assessments, intervention or consultation;
2. Simulated practice of specific skills;
3. Assessment or therapy conducted jointly by the intern and supervisor;
4. Supervisor directly observing intern performing assessment or intervention with patient;
5. Audio or video recording of intern assessment or therapy sessions for subsequent review in supervision;
6. Intern gives written or verbal summaries of clinical activities in supervision.

Essentially, a developmental approach to experiential clinical learning and supervision is utilized. Interns receive a minimum of four hours of supervision each week: at least two hours of individual supervision and two hours of group supervision or additional individual supervision. An hour or more individual supervision provided by each of their major rotation supervisors and an hour or more of group supervision or treatment team meetings within each major rotation. Many interns receive more supervision hours than this through "drop in" supervision, etc. In addition to the core competency areas, supervisors also teach

and provide supervision to interns in specific methods of assessment and treatment approaches, depending on the particular rotation and particular supervisor. Complementing basic individual and group supervision, through the process of working closely with a number of different supervisors, interns are also exposed to role modeling and mentoring on an ongoing basis.

Competency Model of Evaluation

The basic goal of our internship program is to promote the professional development of interns in each of the core competency areas so that interns are ready to assume the responsibilities of a postdoctoral fellow or entry level doctoral psychologist position at the time of graduation. To assist in our internship training and evaluation process, and to document the attainment of basic core competencies, overall competency ratings and specific objective ratings within each domain are completed for each of the following nine domains: (1) Assessment and Diagnosis, (2) Intervention and Treatment, (3) Supervision, (4) Professional values, attitudes and behaviors, (5) Ethical and Legal Standards, (6) Individual and Cultural Diversity, (7) Research/Scholarly Inquiry and Application of Scientific Knowledge, (8) Consultation and Interprofessional/interdisciplinary skill, and (9) Communication and interpersonal skills. Based on Falender and Shafranske (2004; *Clinical Supervision: A Competency-Based Approach*, Washington, DC: APA), the methodology we use to both evaluate and integrate competency into the curriculum consists of (a) clearly articulated training objectives that are defined by specific quantifiable descriptors of expectations for each developmental skill level for each of our nine core competency domains; (b) beginning, mid-, and end-of-the-year evaluations based on ratings tied to expected levels of competence; and (c) a training plan that lays out the specific training activities and expectations that address the specific training needs of each intern. Interns also complete a self-assessment of the nine core competencies at the beginning of the training year. Strengths and weaknesses that emerge from this self-assessment are discussed with primary supervisors in developing a training plan for the internship year. Interns complete self-evaluations and supervisors complete competency evaluations of interns at mid-year and end-of-year points for each major and minor rotation. We use a competency-centered rating scale that is intended to reflect progression toward becoming an independent psychologist.

In addition to the ongoing feedback and evaluation that is a natural part of the supervision process, each intern receives formal, written evaluation ratings from each of his/her primary supervisors at the midpoint and at the completion of each training year. The mid-point evaluations are intended to be a progress report for interns to increase self-awareness and awareness of supervisor's perceptions, discrepancies between intern self-ratings and supervisor ratings, and to help the intern focus on specific goals and areas of work for the second part of the training year. Interns are asked to provide a written evaluation of each supervisor upon completion of the rotation. This and the supervisor's evaluation of the intern are discussed by the intern and supervisor to facilitate mutual understanding and

growth. Copies of the intern's mid-year and final rotation evaluations are forwarded to the Training Directors as are the end-of year supervisor rating provided by the Intern. Intern evaluations will be forwarded to the Director of Training at the intern's home graduate school.

In addition, interns should be aware that we will attempt to maintain contact with them for at least five years. Interns will be surveyed each year about their current position and institution; population(s) served; percent effort devoted to clinical, administrative, research and teaching activities; and leadership activities. These data will be used to determine whether the program is successfully training psychologists who go on to work in the field and is required by APA.

To successfully complete the internship, interns are expected to demonstrate an appropriate level of professional psychological skills and competencies in the core areas described in the section on the Objectives and Goals of the Internship Program. Interns will be certified as having completed the internship at UCSD/VA with the concurrence of individual supervisors and the Psychology Internship Training Committee. Interns successfully completing the training program will be issued a certificate of internship completion consistent with APA Commission on Accreditation Implementing Regulations.

Office Hours and Vacation Policies

The general office hours for the internship cover Monday through Friday. Interns are generally expected to work 40-45 hours/week. However, the intern's professional responsibilities may extend the work week beyond its customary 45 hours on some rotations. Additionally, some rotations require evening clinics on one night of the week. Interns and supervisors will coordinate the exact schedule to meet the needs of the clinic and the intern. An average amount of time sufficient for an intern to complete documentation on any given rotation shall be built into the typical work day. If an intern requires greater than an average amount of time for documentation, the intern is expected to complete documentation beyond the typical 40-45 hours/week, rather than sacrifice other rotation responsibilities. In this case, a plan will be developed with the supervisor to help the intern increase the efficiency of documentation.

All VA-paid interns are funded through internship stipends from the Department of Veterans Affairs Office of Academic Affiliations (OAA). VA-paid interns will accrue leave based on the formulas found here: <https://www.opm.gov/policy-data-oversight/pay-leave/leave-administration/fact-sheets/annual-leave/> though for most interns this will be **4 hours of annual leave and 4 hours of sick leave per pay period. On VA rotations, interns must formally request annual leave at least 60 days prior to the requested day(s) off from both primary supervisors.** There may be greater flexibility to request days off fewer than 60 days in advance if no patients are already scheduled for an intern on the day(s) off requested. Supervisors and the intern must sign leave slips BEFORE leave is approved. This is VASDHS policy for all individuals who provide clinical services and is necessary to plan for coverage in the

intern's absence. An exception to this would be a true emergency (e.g., illness, a death in the family). Sick/emergency leave would count against the total leave.

VA-paid interns may request Advanced Leave in situations where they require time off but have not yet accrued sufficient leave (often early in the training year). Advanced Leave requests from July – December cannot be in excess of what would be accrued by December 31 and advanced leave requests from January 1 forward cannot be in excess of what would be accrued by June 30. Advanced Leave requests are considered on a case by case basis by both training *and* hospital leadership and are not guaranteed. Leave without pay (LWOP) can be taken in emergent situations in the event that advanced leave is not approved but LWOP is reserved for notably extenuating circumstances and is otherwise discouraged.

For UCSD-paid interns, there are a total of 20 leave days allowed per year, for ALL personal absences (i.e., vacation, dissertation defense, conferences, etc.). In addition, Interns earn 8 hours of sick leave per month. **Onboarding for UCSD-paid interns takes place on July 1 at 6:00 a.m., regardless of what day of the week July 1 falls upon. Attendance at this onboarding is mandatory for UCSD-paid interns.**

All interns must reserve 4 days of leave until their dissertation is defended. This will help ensure adequate time is available to return to the home university for the defense. No annual/vacation leave is allowed in June, July, or during interview week in January unless by approved by the Training Directors. In addition to the leave described above, regularly scheduled paid holidays and those designated by appropriate administrative authority are available to the interns (please see: <https://www.opm.gov/policy-data-oversight/pay-leave/pay-administration/fact-sheets/holidays-work-schedules-and-pay> and <http://blink.ucsd.edu/HR/benefits/time-off/holidays.html>).

The Internship Program Assistant is responsible only for keeping track of approved leave. **All interns are, however, responsible for appropriately entering time and leave into relevant VA and UCSD timekeeping systems.**

APPIC encourages its member programs to be as creative and flexible as possible in accommodating family leave or other reasons for extended leave needs of trainees and also encourages trainees to be open-minded, realistic and collaborative when requesting leave. In collaboration with human resources departments and pertinent policies to ensure compliance with relevant regulations and standards, prospective and current trainees and the internship program will consider what is appropriate and reasonable, what is practical and feasible for the site, and how to ensure that the trainee receives the full benefit of the training experience when considering extended leave situations. Please see http://www.appic.org/Portals/0/downloads/APPIC_GUIDELINES_FOR_PARENTAL_LEAVE_1-21-16.pdf, <http://vawww.oaa.med.va.gov/FAQS/details.aspx?TID=26&Cat=3>, and/or https://meded.ucsd.edu/index.cfm/gme/house_officer/house_officer_benefits/insurance_benefits/leave_of_absence/ for additional extended leave policies.

Requirements for the Completion of Internship

To successfully complete the internship, interns are expected to meet the following requirements:

1 The internship requires one year of full-time training to be completed in no fewer than 12 months. Interns must complete 2080 hours (minus standard holiday, sick, and vacation days as well as any designated by appropriate administrative authority detailed above) of supervised on-duty time during the internship year.

2 **Patient Contact.** Each intern is expected to **average 20-24 hours each week in direct patient contact.** For this requirement, direct patient contact includes only "face to face" contact with patients for any type of group or individual therapy, psychological testing, assessment activities, or patient education. In assessment-focused rotations, allowances are made for test interpretation and report writing hours to apply to the direct hours total.

3 **Psychotherapy.** In major rotations in which treatment is a significant element, interns will typically be expected to be involved in at least one form of intervention. Most major rotations offer opportunities for group therapy. The intern and supervisor will coordinate their caseload consistent with the expectation of at least 50% time being spent in direct patient care.

4 **Psychological Assessment.** Completion of **eight comprehensive assessment reports** is the target during the training year, though many interns (e.g., neuropsychology interns) will complete substantially more. These assessments must be based on data integrated from multiple sources and must include written reports with diagnostic impressions and recommendations. Assessments based solely on interviews or single tests do not meet this requirement. **An integrated psychological testing report includes a review of history, results of an interview and at least two psychological tests from one or more of the following categories: personality/symptom report measures, intellectual tests, cognitive tests, and neuropsychological tests relevant to their rotation(s).**

5

Didactic Training. Interns are required to attend the weekly Psychology Internship Seminar Series presented by department faculty members and are encouraged and often required to attend in-service conferences and other didactic presentations associated with their rotations. See also Section 2 – Seminars and Appendix B.

6

Case Presentations. In addition to informal case presentations made in group supervision, interns are required to present one empirically informed psychotherapy/counseling case or one assessment/diagnostic case as part of the Psychology Internship Seminar Series in order to demonstrate competency in these areas (See Evaluation Section). **As part of each case presentation, the intern should review and discuss research literature relevant to that case.**

8

Competence in Clinical Activities. At the end of each rotation, in the judgment of his/her supervisor and the Training Directors, each intern must have achieved a satisfactory level of competence. **To graduate from the program, by the end of the training year Interns must have rating of “C” on each area of competence. To obtain a "C" rating, across the two weeks leading to the evaluation, the Intern should consistently display each element of each competency at a level comparable to that of an entry-level psychologist.**

9

Research. Interns are required to attend the UCSD Department of Psychiatry Judd Symposium each spring (typically falls around April 15 each year). **Interns are required to submit an abstract for presentation at this symposium. If accepted, Interns must present their research at the Symposium.** Presentations can be selected for either Oral or Poster Presentations. Presentations can be work presented previously (such as at a recent national conference, part of the interns dissertation, or other appropriate and recent research from their graduate institution or UCSD/VA. Typically, senior faculty discussants will be assigned to poster presentations. Any costs related to presentation at the symposium (e.g., costs for poster printing) are the responsibility of the intern, though the internship may assist when possible. See also Section 2 – Research.

Resources

Commitment to Diversity

The program is organized and administered in such a way that respect for and understanding of cultural and individual diversity of faculty, staff, residents and consumers is fundamental and a core part of training at the VASDHS and at the University of California. According to the 2008 US Census, 43% of adults in San Diego County are minorities, and veterans with mental illness in San Diego County are from diverse backgrounds. We provide a supportive and encouraging learning environment for students, regardless of ethnic background or physical needs, and applicants from diverse backgrounds are encouraged to apply. The program is an Equal Opportunity Employer. Our commitment to diversity includes attempting to ensure an appropriate representation of individuals along many dimensions, including (but not limited to) gender, sexual orientation, age, ethnic/racial minorities, and persons with disabilities.

The program has nondiscriminatory policies and operating conditions and avoids any actions that would restrict program access and participation. In recent years, California state law and University of California policy have prohibited the specific inclusion of race/ethnicity factors in the recruitment of staff and faculty. More recently, however, the University has initiated an Equal Opportunity/Affirmative Action Program to increase faculty and staff diversity with some success. There is no discrimination in faculty hiring and retention practices, resident recruitment and selection processes, or patient eligibility criteria concerning access to the various evaluation and treatment programs.

VASDHS has been named an LGBTQ Healthcare Equality Leader for four consecutive years, most recently in 2018

https://www.sandiego.va.gov/services/LGBT_Services.asp

Numerous diversity resources are available at:

<https://medschool.ucsd.edu/som/psychiatry/about/Diversity/Pages/Diversity-Resources.aspx>. The Department of Psychiatry Chair's Advisory Committee on Diversity Issues created a new feature on the department website -- the "[Diversity Corner](#)". This part of the website will feature quarterly rotating content with the goal of providing a glimpse into diversity-related events in our department as well as stimulating general discussion of diversity-related topics.

Academic Resources

Interns needing academic resources will have access to the UCSD library system as well as the VA's medical library.

The UCSD Department of Psychiatry offers Grand Rounds once a month on Tuesdays from 8:00-9:30 am. Residents and interns are welcome to attend if interested. The schedule can be found here:

<https://medschool.ucsd.edu/som/psychiatry/education/GrandRounds/Pages/default.aspx> Grand Rounds presentations can be accessed virtually through the Department website. For live streaming, log on a few minutes before a presentation. To view an archived presentation, click on the “archived” option up at the top of the page.

UCSD Department of Psychiatry offers a Professional Development Lecture Series accessible to all trainees and faculty. Lectures are streamed online through a live broadcast and are held on campus every third Tuesday of the month from 5 – 6pm in BSB 2071. If you will be participating on site in BSB, please RSVP directly to Jennifer Hickey at jhickey@ucsd.edu. For those interested in viewing the live broadcast, you can access the live stream just prior to the start time. The schedule can be found here:

<https://medschool.ucsd.edu/som/psychiatry/education/Pages/Trainee-Resources.aspx>

Other educational and training resources offered by the UCSD Department of Psychiatry can be found at:

<https://medschool.ucsd.edu/som/psychiatry/education/Pages/Trainee-Resources.aspx>. This website also has very useful information on academic software site licenses and other professional development resources.

VA Psychology Training Council (VAPTC) has created a library of psychology training didactic modules. This library includes resources (PowerPoint slide presentations with detailed speaker notes, directed readings, and quizzes) for didactic and/or seminar presentations on a variety of topics. The broad categories include: consultation, leadership and management, psychological intervention, psychological assessment, supervision, teaching, and science. If the links do not open automatically, you can copy and paste them into your browser (alternately, you can access the main VAPTC SharePoint site and look under the shared resources section). VA Didactic resource library:

<https://vaww.portal2.va.gov/sites/mentalhealth/vaptc/Lists/curriculum/AllItems.aspx>

Preparing for Licensure

Trainees who wish to pursue licensure in the State of California and use hours accrued on internship toward licensure must complete the most current Supervision Agreement (e.g., from the California Board of Psychology, or BOP) with their primary supervisor at the beginning of the training year. The process is detailed here: http://www.psychology.ca.gov/laws_regs/voe_checklist.pdf. The Verification of Experience Form is completed at the time of actual application for licensure. These

forms are available through the appropriate licensing board (e.g., California Board of Psychology Website at: <http://www.psychology.ca.gov/applicants/index.shtml#psych>). Licensing boards in some states, including California, may require that supervised clinical hours be documented on a weekly basis throughout the year. Each intern is responsible for obtaining this documentation, if required, and ensuring that it will satisfy their licensing board requirements. Interns who wish to pursue licensure in a different state must determine that state's requirements prior to beginning internship and comply with that state's regulations regarding supervised professional experience. **Interns who wish to pursue licensure in a different state must determine that state's requirements prior to beginning internship and comply with that state's regulations regarding supervised professional experience. It is the trainee's responsibility to ensure that the most current BOP forms are completed and most current licensing law requirements are met for licensure in the state where the trainee plans to practice.**



Internship Class 2019-20

APPENDIX A
POSITIONS FOR THE 2020-21 TRAINING YEAR

	Placement A	Placement B
VA Positions		
1	VA Behavioral Medicine: Pain and Weight Control (Rutledge)	VA Primary Care Mental Health Integration (Mauer)
2	VA General Behavioral Medicine (Hekler)	VA Behavioral Medicine: Pain and Weight Control (Rutledge)
3	VA Family Mental Health Program (Wrape)	VA Mood Clinic (Depp/McKenna)
4	VA Mission Valley PTSD Clinic (Farrow)	VA Mood Clinic (Depp/McKenna)
5	VA Mission Valley PTSD Clinic (Campbell)	VA Center of Recovery Education (Perivoliotis/Granholm)
6	VA La Jolla PTSD Clinic (Lacefield)	Dual Diagnosis Recovery Program (DDRP) (Trim)
7	VA La Jolla PTSD Clinic (Lacefield)	VA Alcohol and Drug Treatment Program (ADTP; Petersen)
8	VA Substance Abuse Rehabilitation and Recovery Treatment Program (SARRTP; Wilhite) and VA Smoking Cessation (Myers)	VA Behavioral Health Interdisciplinary Program (Castriotta)
9	VA Neuropsychological Assessment Unit (Bondi/Delano-Wood/Filoteo/Jak)	VA Primary Care Mental Health Integration (Felleman)
10	VA Neuropsychological Assessment Unit (Bondi/Delano-Wood/Filoteo/Jak)	VA TBI Cognitive Rehabilitation Clinic/ VA Neuropsychological Assessment Unit (Hanson)
11	VA Neuropsychological Assessment Unit (Bondi/Delano-Wood/Filoteo/Jak)	VA La Jolla Inpatient Psychiatry (Jacobson)
12	VA ASPIRE Center (Tarasenko)	VA Telemental Health (Poizner)
UCSD Positions		
13	UCSD Medical Center Neuropsychological Assessment Program (Norman/Gooding)	UCSD Senior Behavioral Health (Malooly/Bangen)
14	UCSD Eating Disorders Clinic (Anderson/Wierenga)	Rady Inpatient Child and Adolescent Psychiatric Services (S.J. Brown)
15	UCSD Eating Disorders Clinic (Anderson/Wierenga)	Rady Inpatient Child and Adolescent Psychiatric Services (S.J. Brown)
16	Rady Inpatient Child and Adolescent Psychiatric Services (S.J. Brown)	Rady Child Outpatient Psychiatry (Williams/Brookman-Fraze)
17	Rady Inpatient Child and Adolescent Psychiatric Services (S.J. Brown)	Rady Child Outpatient Psychiatry (Williams/Brookman-Fraze)
18	UCSD Burn Center and Moores Cancer Center (Minassian/Cardenas)	UCSD Pain Clinic (D'Eon)

19	UCSD Eating Disorders Clinic (Anderson/Wierenga)	Rady Medical Behavioral Unit (Maginot)
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APPENDIX B

2020-21 Internship Seminar Schedule

Date	Name	Topic	Learning Objectives
July 2, 2020 2:00-4:00	VA Inpatient Nursing Staff	Safety/Assault Prevention Training	<ol style="list-style-type: none"> 1. learn strategies to maintain patient safety 2. learn strategies to maintain personal safety 3. be able to apply verbal de-escalation techniques
July 9, 2020	Tom Rutledge https://profiles.ucsd.edu/Thomas.Rutledge	Is it Depression or Disease This is an expert lecture socratically examining symptom overlaps between physical conditions and mood disorders	<ol style="list-style-type: none"> 1. increase understanding of overlap between physical and mental health symptoms 2. be better able to apply these differentials to case conceptualizations
July 16, 2020 3:00-5:00	Pia Heppner https://profiles.ucsd.edu/Pia.Heppner	Motivational Interviewing This is an interactive seminar covering the basic principles of MI as well practical applications	<ol style="list-style-type: none"> 1. be able to identify patients appropriate for MI 2. understand theoretical models for MI 3. be better able to apply basic MI principles
July 23, 2020	TBD	TBD	
July 30, 2020	Sonya Norman https://profiles.ucsd.edu/Sonya.Norman	PE and CPT This is an expert lecture on the most recent updates regarding trauma focused therapy from faculty from the National Center for PTSD	<ol style="list-style-type: none"> 1. be able to describe new developments in trauma focused therapy 2. gain understanding of how to evaluate outcomes in PTSD 3. learn rationales for application of one trauma-focused therapy over another
August 6, 2020	Dimitri Perivoliotis https://profiles.ucsd.edu/Dimitri.Perivoliotis	CBT for Psychosis This is an expert lecture on the most recent updates regarding CBT for Psychosis	<ol style="list-style-type: none"> 1. be able to identify patients appropriate for CBT for Psychosis 2. understand the development of CBT for Psychosis

			3. and be able to apply basic CBT for psychosis principles
August 13, 2019	Christina Wierenga https://profiles.ucsd.edu/Christina.Wierenga	Eating Disorders This is an expert lecture on currently empirically supported treatments for eating disorders	1. gain increased understanding of diagnostic criteria for eating disorders 2. understand empirical support for treatment of eating disorders 3. gain sufficient understanding the basic tenets of intervention techniques for this population
August 20, 2019	Sandy and Amy	Beach Party/Social This is a social event to encourage class cohesiveness	
August 27, 2020	Sandy and Amy	check in This is a cohort building and professional development opportunity for interns to discuss progress through internship to date with the program co-directors	
September 3, 2020 12:00-4:30	Sandy and Amy	Law and Ethics This is an interactive seminar that is also available to all mental health trainees and faculty for APA CE Credit and covers both clinical and research legal and ethical concepts	1. gain increased knowledge of the informed consent <i>process</i> 2. be able to recognize and appropriately respond to issues of confidentiality 3. be able to identify risk management techniques to mitigate elements of risk in mental health practice and supervision
September 10, 2020	Sandy and Amy	Post doc opportunities in San Diego This is an interactive question and answer professional development session to assist interns in understanding opportunities for next steps after internship	
September 17, 2020	Brinda Rana https://profiles.ucsd.edu/brinda.rana	NASA Research This is an expert lecture on the NASA Twin study, which examined how long-term	1. gain appreciation for unique ways scientists contribute to and learn from space flight

		space flight affects the body and the implications for cardiovascular health and vision, both during and after space travel.	2. Understand implications for health gleaned from space travel
September 24, 2020	Tamar Gollan https://profiles.ucsd.edu/tamar.gollan	Bilingualism This is an expert lecture discussing culturally appropriate assessment of bilingual individuals	1. Better understand how bilingual individuals process and maintain effective control over language selection 2. Recognize unique aspects of assessing older bilingual adults and impact of Alzheimer's disease on language in those who are bilingual. 3. Learn about test development for measures that cater more specifically to assessment of bilingual individuals
October 1, 2020	Jessie Menzel https://profiles.ucsd.edu/jessie.menzel	DBT This is an interactive seminar covering the basic principles of DBT as well practical applications of DBT techniques	1. be able to identify patients appropriate for DBT 2. understand theoretical models for DBT 3. be better able to apply basic DBT principles
October 8, 2020	Jessica Montoya https://profiles.ucsd.edu/jessica.montoya	HIV in Underrepresented Minorities This is an expert lecture on differential impact of HIV in underrepresented minorities	1. Learn about prevalence of HIV in URM's 2. Understand health inequities in HIV
October 15, 2020	Erin Sundermann https://profiles.ucsd.edu/erin.sundermann	Sex Differences in Cognitive Aging This is an expert lecture on sex differences and sex-specific biomarkers and risk factors for Alzheimer's disease	1. Understand the different cognitive presentations of older females and implications for diagnosis 2. Gain awareness of novel methods advancing diagnostic science in cognitive disorders of aging.
October 22, 2020	Catherine Ayers https://profiles.ucsd.edu/catherine.ayers	Hoarding This is an expert lecture on treatment outcomes for geriatric hoarding disorder and the neuropsychiatric	1. appreciate prevalence of hoarding disorder in older adults

		characterization of hoarding disorder in late life	2. gain greater familiarity with treatment innovations for hoarding disorder
October 29, 2020	Nicole Stadnick https://profiles.ucsd.edu/nicole.stadnick	Autism This is an expert lecture on currently empirically supported treatments for Autism, with a focus on the importance of engaging community mental health practitioners in autism services	1. understand and be able to apply diagnostic criteria for autism 2. understand empirical support for treatment of autism in children and adults 3. recognize importance of community resources to support intervention in autism
November 5, 2020 3:00-5:00	Jill Stoddard https://www.csamsandiego.com/blog/tag/Jill+Stoddard	ACT This is an interactive seminar covering the basic principles of ACT as well practical applications of ACT techniques	1. be able to identify patients appropriate for ACT 2. understand theoretical models for ACT 3. be better able to apply basic ACT principles
November 12, 2020	Helene Mirzakanian https://profiles.ucsd.edu/heleneh.mirzakanian	Early Psychosis This is an expert lecture on the development, course and treatment of early psychosis. base rates for emergence of psychosis, assessment strategies for adolescent psychosis, as well as treatment recommendations	1. Acquire understanding of symptom profile in early onset psychosis 2. Learn developmental trajectory of psychosis 3. Understand community resources of early onset psychosis
November 19, 2020	Katherine Williams https://profiles.ucsd.edu/katherine.williams	Childhood Psychopathology This is an interactive seminar that presents facts and important information about childhood psychopathology in a quiz show format	1. deepen understanding of diagnostic criteria for common childhood mental health conditions 2. be able to link pediatric interventions with common mental conditions in children
November 26, 2020	THANKSGIVING	NO SEMINAR	
December 3, 2020	Susan Tapert https://profiles.ucsd.edu/Susan.Tapert	Adolescent substance use This is an expert lecture on substance use (ETOH and MJ) on the development of the adolescent brain	1. understand the prevalence of alcohol and marijuana use among adolescents 2. appreciate the immediate and developmental sequelae of substance use on the developing brain

December 10, 2020	Heidi Kraft https://psycharmor.org/staff/heidi-squier-kraft-ph-d-clinical-director/	Military Culture This lecture is delivered by a retired Navy psychologist and covers both her military experience as well as 15 things that Veterans want non-Veterans to know	1. gain appreciation of the unique experiences of military personnel, including combat 2. develop sensitivity to concerns unique to Veterans
December 17, 2020	Sandy and Amy	Holiday Gathering	This is a social event to encourage class cohesiveness
December 24, 2020		NO SEMINAR	
December 31, 2020		NO SEMINAR	
January 7, 2021	Ellen Beck/Sunny Smith https://profiles.ucsd.edu/ellen.beck https://profiles.ucsd.edu/sunny.smith	UCSD Free Clinic This is an expert lecture on the UCSD Student-Run Free Clinic Project	1. Understand the UCSD Free Clinic partnership with the community to provide respectful, empowering, high quality health care for underserved populations 2. Appreciate the importance of training health professionals to combat health disparities
January 14, 2021	TBD	TBD	
January 21, 2021	Marc Norman https://profiles.ucsd.edu/marc.norman	Engagement with Professional Organizations This is an expert lecture on ways to engage in professional service and value of doing so	1. gain appreciation of broad ways in which psychologists can be involved in professional service 2. understand the personal and professional benefits of working with professional organizations, foundations, and community service organizations
January 28, 2021	Beth Twamley https://profiles.ucsd.edu/Elizabeth.Twamley	Assessment: Co-morbid Psychosis and Cognitive Disorders This is an expert lecture on the assessment of psychosis with particular emphasis on use of the PANSS	1. Gain conceptual understanding of important aspects of assessment in psychotic disorders 2. Gain practical knowledge of the PANSS
February 4, 2021	Monica Ulibarri https://www.alliant.edu/faculty/monica-ulibarri	Cross-border research This is an expert lecture on HIV prevention with marginalized populations,	1. Increase awareness of research focused on HIV prevention with marginalized populations

		with an emphasis on how gender-based violence, mental health, and substance use intersect with HIV risk behaviors	2. Increase awareness of commercially sexually exploited youth along the Mexico-U.S. border 3. Better understand how gender-based violence, mental health, substance use, intersect with HIV risk behaviors
February 11, 2021	Amy Jak https://profiles.ucsd.edu/Amy.Jak	Assessment: Concussion This is an expert lecture on recognizing, assessing, and intervening in cases of concussion with persistent symptoms	1. Understand contributing factors to persistent symptoms following concussion 2. Gain awareness of appropriate interventions for this population
February 18, 2021	Dean Delis https://profiles.ucsd.edu/dean.delis	Psychological Test Development in the Digital Age This is an expert lecture by a renowned neuropsychologist detailing the development of neuropsychological assessment with particular attention to advances in assessment technology	1. Understand historical context of test development 2. Gain appreciation goals of integrating new technology into assessment
February 25, 2021	Liz Wrape https://profiles.ucsd.edu/elizabeth.wrape	Family dynamics This is an expert lecture on the presentation of marital distress in Veteran families and common intervention techniques in this population	1. Gain understanding of the basic tenets of couple therapy 2. Learn from case examples how couples may present for care
March 4, 2021	Eric Granholm https://profiles.ucsd.edu/eric.granholm#narrative	Mental Health Technology This is an expert lecture on technological advances to improve mental health services and delivery	1. understand transdisciplinary research collaborations 2. understand technology solutions aimed at ameliorating mental health problems
March 11, 2021	Tom Marcotte https://profiles.ucsd.edu/Thomas.Marcotte	Medicinal Cannabis This is an expert lecture detailing data on use of medicinal cannabis, its relevance to mental health treatment, and ongoing	1. Understand empirical trends in use of cannabis 2. Understand current research efforts into how cannabis use affects public policy (e.g., driving safety)

		research examining safe/therapeutic use	
March 18, 2021	Mark Jacobson https://profiles.ucsd.edu/mark.jacobson	Working with LGBTQ Clients This is an expert lecture addressing unique needs of mental health service delivery with our LGBTQ population, with particular emphasis on LGBTQ Veterans	1. gain appreciation of the unique considerations when working with the LGBTQ community 2. understand changing demographics of the populations served by psychologists, particularly within a VA setting
March 25, 2021	Duke Han https://keck.usc.edu/faculty-search/duke-han/	Financial Abuse/Older Adults This is an expert lecture on cognitive factors that impact decision making in older adults	1. Learn about factors that impact decision making in aging 2. Gain appreciation of using novel techniques (e.g., neuroimaging and statistical approaches) to understand decision making in aging
April 1, 2021	Terry Jernigan http://www.cogsci.ucsd.edu/people/faculty/terry-l-jernigan.html	Imaging/Brain Development This is an expert lecture covering advances in neuroimaging and brain development	1. Learn basic understanding of imaging modalities most relevant to studying brain development 2. Gain appreciation of research advances in child development
April 8, 2021	Sandy and Amy	End of Year Review and Feedback This is an interactive discussion between the interns and the training directors to discuss the training year, noting both positives and areas for possible change	
Date	Time	Presenter	
April 15, 2021	3:00pm		
	4:00pm		
April 22, 2021	3:00pm		
	4:00pm		
April 29, 2021	3:00pm		
	4:00pm		
May 6, 2021	3:00pm		
	4:00pm		

UCSD/VA PSYCHOLOGY INTERNSHIP

May 13, 2021	3:00pm		
	4:00pm		
May 20, 2021	3:00pm		
	4:00pm		
May 27, 2021	3:00pm		
	4:00pm		
June 3, 2021	3:00pm		
	4:00pm		
June 10, 2021	3:00pm		
	4:00pm		
17-Jun-21	3:00pm		
	4:00pm		
24-Jun-21			
6/30/21		Hail and Farewell	