Psychology Internship Program

Corporal Michael J. Crescenz Veterans Affairs Medical Center
3900 Woodland Avenue
Philadelphia, PA 19104
(215) 823-5800
http://www.philadelphia.va.gov/

MATCH Number: 217311
Applications Due: November 1st, 2019

Accreditation Status

The doctoral internship at the Corporal Michael J. Crescenz VA Medical Center is accredited by the Commission on Accreditation of the American Psychological Association. The accreditation site visit was in March, 2013 and the next accreditation site visit will be held in 2020. Questions regarding the accreditation process and status may be addressed to: APA, Office of Program Consultation and Accreditation, 750 First Street, NE, Washington, DC 20002-4242, (202) 336-5979.

Application & Selection Procedures

Criteria for acceptance into the program

According to VA policy, internship funding can be provided only to students who are U.S. citizens and are enrolled in an APA or CPA-accredited doctoral programs in clinical or counseling psychology. A detailed explanation of eligibility requirements for all VA internships can be found starting on page 19 and at: https://www.psychologytraining.va.gov/eligibility.asp

Prospective interns must have the support of their graduate program to progress to internship. Only 52-week, full-time internships are available. The Corporal Michael J. Crescenz VA Medical Center in which our training program resides is an Equal Opportunity Employer; we are committed to ensuring a range of diversity among our training classes, and we strive to select candidates representing different kinds of programs and theoretical orientations, geographic areas, ages, racial and ethnic backgrounds, sexual orientations, disabilities, and life experiences. All things being equal, consideration is given to applicants who identify themselves as veterans, have VA practicum experience or demonstrate an interest in a VA career; identify themselves as members of historically underrepresented groups on the basis of racial or ethnic status, as representing diversity on the basis of sexual orientation, or as representing diversity on the basis of disability status. This may be indicated on the application (see Application Process below).

Application Process

We rely on the APPIC website for all application materials. We do not ask for any other information than is requested by the APPIC Application for Psychology Internships (AAPI Online). Please consider seriously your interest in the Corporal Michael J. Crescenz VA as a site to which you apply as we have just six internship slots. We serve a diverse population and encourage applicants who represent racial, cultural or other elements of diversity to identify this within the submitted cover letter.

Co-Directors of Training

Johanna Klaus, Ph.D. & Susan DelMaestro, Ph.D.
Co-Directors of Training, Psychology
Corporal Michael J. Crescenz Veterans Affairs Medical Center
3900 Woodland Avenue (BHS/116B)
Candidate Interviews

Candidates will be informed by e-mail by December 2nd as to whether or not they have been invited for a personal interview. Interviews will be held on December 13th, 16th and 17th and January 3rd and 6th. Interviews are a two-way process: a chance for us to meet and learn more about you, and an opportunity for you to meet us and get a better understanding of our program. The interview will comprise of a group orientation for an hour, an interview with one of the training co-directors, interviews with two or more staff psychologists, a tour of the hospital, and a lunch meeting with the current interns. We can also arrange meetings with specific staff psychologists at the applicant’s request on interview day. The total interview process should take four to five hours. We understand that some applicants may not be able to visit our site; thus an in-person interview is not required to match with our program. For those who are invited for an interview but unable to visit our program, we will be happy to provide a program orientation, conduct interviews and answer your questions by telephone or video conferencing. We adhere strictly to the selection process guidelines established by the Association of Psychology Postdoctoral and Internship Centers (APPIC).

Match Process

We will follow the match policies established by APPIC. Our program uses one match number for all positions. The only information that we may communicate to applicants prior to the February deadline is whether they are still under consideration for admission. Additional information regarding the match is available through the National Matching Services.

Psychology Setting

The CMCVAMC is part of the VISN 4 VA Healthcare Network, serving Veterans in the city of Philadelphia, as well as Southeastern Pennsylvania and Southern New Jersey. In addition, the CMCVAMC manages several community based outpatient clinics (CBOCs), which include clinics in Camden, NJ; Fort Dix, NJ; Gloucester County, NJ; Center City Philadelphia; and Horsham, PA. The CMCVAMC currently has over 90,000 veterans from varying backgrounds and cultures enrolled for healthcare. With a full complement of inpatient and outpatient treatment programs, VA Centers of Excellence, and specialty programs designed to meet the healthcare needs of Veterans, the Crescenz Veterans Affairs Medical Center (CMCVAMC) delivers an outstanding educational experience across a variety of professions including psychology.

CMCVAMC Psychology is organized as a section within Behavioral Health. The Psychology service has grown in the past ten years from 12 to over 60 doctoral level psychologists. Psychologists serve in a wide range of clinical and research settings including: Primary Care-Mental Health Integrated Care team; the VA Home Based Primary Care Program; the Mental Health Clinic (MHC); the Inpatient Behavioral Health Unit; the Community Living Center (CLC); the Addictions Recovery Unit (ARU); the Opioid Treatment Program (OTP); the Post-deployment Clinic (PDC); the Sleep Clinic; the Polytrauma Team; the Psychosocial Rehabilitation and Recovery Center (PRRC); the Residential Rehabilitation Treatment Program; the Mental Illness Research, Education and Clinical Center (MIRECC); the Center of Excellence for Substance Abuse Treatment and Education (CESATE); the Center for Health Equity, Research and Promotion (CHERP); and several community-based outpatient clinics. As members of interdisciplinary teams, psychologists work across settings to facilitate the integration of mental health service into Veteran’s healthcare delivery. Our five VA Centers of Excellence and numerous clinical research projects
offer an atmosphere of dynamic exchange between rigorous academic research and clinical applications. CMCVAMC has recruited and retained highly qualified psychologists from a wide variety of theoretical orientations, many from VA training programs, and many of whom specialize in evidence based treatments. Staff include multiple national VA trainers, consultants, and experts for VA rollouts of EBTs including Prolonged Exposure (PE), Cognitive Behavioral Therapy (CBT) for Depression, Motivational Interviewing, Cognitive-Behavioral Treatment for Insomnia, and Integrated Behavioral Couples Therapy, and the network trainer for the Primary Care-Mental Health Integration competency-based training; all of these trainings are part of the internship training program! While there is little staff turnover, assuring continuity of patient care and programs, our department continues to grow to support the clinical needs of our Veteran population offering opportunities for future employment.

The CMCVAMC has an extensive history of excellence in health profession education. The Psychology Internship began in 2011 and was accredited by APA in March of 2013 until 2020. In 2014, psychology training was further expanded to include two postdoctoral fellowship positions with an emphasis in Interprofessional Mental Health and two postdoctoral fellowship positions with an emphasis in Clinical Neuropsychology. For the past three years, we have been awarded funding for an additional Interprofessional Mental Health fellowship in Health Promotion/Disease Prevention.

A separate Psychology research fellowship, the Advanced Fellowship in Mental Illness Research and Therapy, is designed for post-doctoral training primarily in research. This fellowship program is administrated differently from the program described above and information about this program can be found here: https://www.mirecc.va.gov/visn4/Education/fellowship3.asp.

The CMCVAMC is adjacent to and closely affiliated with, the University of Pennsylvania whose psychiatry residents, medical, and nursing students rotate through CMCVAMC Behavioral Health. CMCVAMC psychologists are integral to the education of theses trainees. Psychology trainees have access to didactic training in conjunction with the University of Pennsylvania’s Psychiatry and Psychology clinical training programs and have opportunities for professional collaboration on clinical and research endeavors with University-affiliated faculty. Most CMCVAMC supervising psychologists have University of Pennsylvania faculty appointments.

**Internship Program Tables: Admissions, Support, and Initial Placement Data**

Date Program Tables are updated: 8/1/19

**Internship Program Admissions**

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

We seek applicants who have strong basic skills in assessment and intervention, and a sound clinical and scientific knowledge base from their academic program. Applicants looking for strong generalist training are a particularly good match for our program, given the diversity of clinical experiences that comprise the training year. Additionally, we value applicants with a background and/or genuine interest in pursuing competency in the areas of integrated care and evidence based treatments, as they are a focus of our program. We are proud to serve a population with rich diversity in terms of race, ethnicity, socioeconomic status, and era of service, and providing high quality care that is attuned to individual and cultural differences is strongly emphasized. All things being equal, consideration is given to applicants who identify themselves as veterans, have VA practicum experience, or demonstrate an interest in a VA career; identify themselves as members of historically underrepresented groups on the basis of racial or ethnic status, as representing diversity on the basis of sexual orientation, or as representing diversity on the basis of disability status. This may be indicated on the application (see Application Process above).

The program requires that applicants have received a minimum number of hours of the following at the time of application:
Total Direct Contact Intervention Hours: Yes 350
Total Direct Contact Assessment Hours: Yes 50

Describe any other required minimum criteria used to screen applicants:

**Internship applicants also must meet these criteria to be considered for any VA Psychology Internship Program** (http://www.psychologytraining.va.gov/eligibility.asp):

1. Doctoral student in good standing at an American Psychological Association (APA) or Canadian Psychological Association (CPA) accredited graduate program in Clinical, Counseling, or Combined psychology or Psychological Clinical Science Accreditation System (PCSAS) accredited program in Clinical Science. Persons with a doctorate in another area of psychology who meet the APA or CPA criteria for respecialization training in Clinical, Counseling, or Combined Psychology are also eligible.
2. Approved for internship status by graduate program training director.

VA Eligibility Criteria also require:

3. U.S. citizenship. 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 beginning VA training.
4. A male applicant 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.
5. Interns are subject to fingerprinting and background checks prior to start of internship. A selected intern must pass these checks in order to begin employment with the VA.
6. 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.

**Financial and Other Benefit Support for Upcoming Training Year**

- **Annual Stipend/Salary for Full-Time Interns**: $28,257
- **Annual Stipend/Salary for Half-Time Interns**: N/A
- **Program Provides access to medical insurance for intern?**: YES
- **If access to medical insurance is provided:**
  - Trainee contribution to cost required? YES
  - Coverage of family member(s) available? YES
  - Coverage of legally married partner available? YES
  - Coverage of domestic partner available? NO
- **Time off:**
  - Hours of Annual Paid Personal Time Off (PTO and/or Vacation): 4 hours every 2 weeks
  - Hours of Annual Paid Sick Leave: 4 hours every 2 weeks
  - 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? Negotiated on a case by case basis
- **Other Benefits (please describe):** Maternity/Paternity leave is also available through use of sick leave, annual leave, and then Leave Without Pay (LWOP), with any LWOP hours to be made up at the end of the training year. In addition to the annual leave and sick leave, interns may be
granted authorized absence for approved training activities and conferences and VA postdoctoral fellowship interviews, including one day for dissertation defense.

**Initial Post-Internship Positions**

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

<table>
<thead>
<tr>
<th>Total # of interns who were in the 3 cohorts</th>
<th>2016-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree</td>
<td>0</td>
</tr>
<tr>
<td>Community mental health center</td>
<td>PD</td>
</tr>
<tr>
<td>Federally qualified health center</td>
<td>0</td>
</tr>
<tr>
<td>Independent primary care facility/clinic</td>
<td>0</td>
</tr>
<tr>
<td>University counseling center</td>
<td>0</td>
</tr>
<tr>
<td>Veterans Affairs medical center</td>
<td>11</td>
</tr>
<tr>
<td>Military health center</td>
<td>0</td>
</tr>
<tr>
<td>Academic health center</td>
<td>6</td>
</tr>
<tr>
<td>Other medical center or hospital</td>
<td>0</td>
</tr>
<tr>
<td>Psychiatric hospital</td>
<td>0</td>
</tr>
<tr>
<td>Academic university/department</td>
<td>0</td>
</tr>
<tr>
<td>Community college or other teaching setting</td>
<td>0</td>
</tr>
<tr>
<td>Independent research institution</td>
<td>0</td>
</tr>
<tr>
<td>Correctional facility</td>
<td>0</td>
</tr>
<tr>
<td>School district/system</td>
<td>0</td>
</tr>
<tr>
<td>Independent practice setting</td>
<td>1</td>
</tr>
<tr>
<td>Not currently employed</td>
<td>0</td>
</tr>
<tr>
<td>Changed to another field</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
</tr>
<tr>
<td>Unknown</td>
<td>0</td>
</tr>
</tbody>
</table>

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.

As an example of post-internship positions, interns from the 2017-2018 internship class went on to the following residencies: two stayed as residents at the Crescenz VA in Philadelphia, the Stanford Sleep Center, Pittsburgh VA Trauma residency, Center for Traumatic Stress in the Department of Behavioral Sciences at Rush University Medical Center in Chicago, and the Columbia University Medical Center Department of Psychiatry Adult Anxiety, Mood & Personality Disorders.
Training Model and Program Philosophy

The philosophy of our psychology training program is best described as scholar-practitioner. We advocate the integration of clinical research with clinical practice. This involves the development of skills in critical analysis of research and the application of research into clinical practice.

Our training model is developmental and designed to promote professional competence through a sequence of training experiences that are graded in complexity. Interns will move from close supervision and more intensive instruction to relatively autonomous functioning over the course of each rotation.

Program Aims and Competencies

The mission of the training program is to provide experiences necessary to function as ethical, scientifically grounded, psychologically flexible, and highly skilled psychologists. Interns and Fellows will become skilled in the delivery of a broad range of mental health services as members of interdisciplinary teams in the VA’s integrated healthcare delivery system.

The primary goal of the Crescenz VA Psychology Internship Program is to train interns to be competent in the general practice of health service psychology and specifically skilled in the provision of high quality evidence based mental health care. Our training program incorporates a diversity of clinical experiences to provide interns with well-rounded, generalist training that will equip them to work successfully in a variety of clinical environments, including interdisciplinary team settings. Given the nature of our patient population, opportunities to gain experience working with trauma and PTSD are infused throughout all of our rotations. The internship program will highlight the integration of mental health services into primary care consistent with the Patient Centered Medical Home. Training in Evidence Based Practices will be a key component of training throughout the internship experience. Interns will take an active role in developing their own training plan and in adjusting it to meet their needs and emerging interests. A cornerstone of our training philosophy is an emphasis on breadth while also allowing for in-depth training in focused areas of interest. The purpose of our internship program is to prepare interns for post-doctoral fellowships or entry-level positions in health service psychology.

The training program will provide specific training in providing team-based care as part of interprofessional teams in primary care and specialty care. Training will emphasize the importance of patient-centered care, including matching the level of care with patient need (stepped care). Trainees will engage other team members in a collaborative approach to care that involves drawing from the expertise of different disciplines and sharing in problem solving so as to best meet Veterans’ needs. Measurement based care, improved access to treatment, and patient preferences in care will be emphasized.

Competencies that will be nurtured and assessed during the internship are outlined below. Of note, competencies in interprofessional collaborative practice will be evaluated for interns and residents, but residents will have the further requirement to meet specific benchmarks.

Research/Scholarly Inquiry
1. Able to critically evaluate and disseminate research or other scholarly activities (case conferences, presentations, publications) at the local, regional or national level.
2. Able to integrate current scientific knowledge with clinical practice.
3. Has realistic goals for scholarly activities for the year.
4. Develops and carries out research project over the course of the year.

Ethical and Legal Standards
1. Has knowledge of and acts in accordance with current version of the APA Ethical Principles and Code of Conduct.
2. Has knowledge of and acts in accordance with relevant laws, rules, and policies governing health service psychology at the CMC VAMC, as well as the local, state, regional and federal levels.
3. Has knowledge of and acts in accordance with relevant professional standards and guidelines.
4. Recognizes ethical dilemmas as they arise, and applies ethical decision-making processes in order to resolve the dilemmas.
5. Conducts self in an ethical manner in all professional activities.

Individual and Cultural Diversity
1. Has understanding of how their personal/cultural history, attitudes, and biases may affect how they understand and interact with people different from themselves.
2. Has knowledge of current theoretical and empirical knowledge base as it relates to diversity in all professional activities including assessment, intervention, research, supervision/consultation, and interprofessional work.
3. Integrates knowledge of individual and cultural differences in the conduct of professional roles, and has ability to apply framework for working effectively with areas of individual and cultural diversity not previously encountered. Also works effectively with individuals whose group membership, demographic characteristics, or worldviews conflict with their own.
4. Applies their knowledge and work effectively with the range of diverse individuals and groups encountered during training.

Professional Values and Attitudes
1. Conducts self in ways that reflect the values and attitudes of psychology, including integrity, deportment, professional identity, accountability, lifelong learning and concern for the welfare of others.
3. Open and responsiveness to feedback and supervision. Responds to consultation/ supervision with constructive action or changes.
4. Possesses an appropriate level of confidence in clinical abilities. Responds professionally in increasingly complex situations with a greater degree of independence as they progress across levels of training.
5. Demonstrates accountability, dependability, and responsibility.
6. Shows commitment to continuing developmental professional goals.
7. Demonstrates maturity of judgment in clinical and professional matters.

Communication and Interpersonal Skills
1. Develops and maintains effective relationships with colleagues, supervisors, supervisees, organizations, communities and those receiving professional services.
2. Produces and comprehends oral, nonverbal, and written communications that are informative and well-integrated. Demonstrates a thorough grasp of professional language and concepts.
3. Participates in seminars, didactics, and team-based meetings.
4. Demonstrates ability to document patient contacts timely and effectively.
5. Demonstrates effective interpersonal skills and the ability to manage difficult communication well.

Assessment
1. Demonstrates clinical interviewing, record review, differential diagnostic skills, and knowledge of DSM-V.
2. Completes interview, testing, and written report within reasonable time frame.
3. Selects and applies assessment methods that are drawn from the best empirical literature, and that reflect the science of measurement and psychometrics; collects relevant data using multiple sources and methods appropriate to the goals of assessment and diversity characteristics of the client.

4. Demonstrates accurate and standardized administration and scoring of assessment measures.

5. Interprets assessment results to inform case conceptualization and recommendations, avoids decision-making biases, and distinguishes aspects of assessment that are subjective from those that are objective.

6. Communicates orally and in written documents the findings and implications of the assessment in an effective manner to clients, family members and other providers.

7. Uses evidence-based assessment in treatment plan formulation and to track treatment progress over time.

**Intervention**

1. Demonstrates ability to establish and maintain effective relationships with clients.

2. Develops evidence-based individualized treatment plan and goals in collaboration with clients.

3. Conceptualizes client’s presenting problem within a theoretical approach appropriate to the client/population.

4. Implements interventions that are well-timed, effective, and informed by scientific literature, assessment findings, diversity characteristics and contextual variables.

5. Uses assessment data and relevant research findings to measure treatment progress and inform clinical decision making; adapts intervention goals and methods consistent with ongoing outcome evaluations.

6. Demonstrates ability to intervene in groups skillfully, with focus on each session’s goals and tasks.

7. Recognizes and appropriately responds to patient crises.

8. Has awareness of process/relationship issues occurring within the therapeutic relationship, and personal issues interfering with ability to provide clinical services.

9. Able to adapt evidence-based approaches, intervention goals and methods when clinically indicated or when clear evidence base is lacking.

**Supervision**

1. Demonstrates knowledge of supervision models and practices.

2. Applies this knowledge in direct or simulated practice with psychology trainees or other health professionals.

3. Provides colleagues and other trainees feedback and guidance (in group supervision and or case conferences).

4. Effectively handles ethical and boundary issues in supervision.

**Consultation and Interprofessional/Interdisciplinary Skills**

1. Demonstrates knowledge and respect for the unique roles of other professionals, fostering a climate of respect and shared values.

2. Consults independently with other professionals to coordinate care of their clients.

3. Applies knowledge of consultation models and practices in direct or simulated consultation with individuals and their families, or with other health care professionals or groups.

4. Able to determine and clarify referral issues, and to use knowledge of one’s professional role and those of other professionals to address mental and physical health care needs of client.

5. Demonstrates ability to communicate assessment and/or intervention results to referral source, individual, family members, or team in an understandable and integrative manner.
**Program Structure**

Interns will complete 4, six-month rotations (2x2). One rotation will be working in a patient-centered medical home model of care, either on the Primary Care-Mental Health Integration rotation or on the Health Promotion Disease Prevention rotation, and one rotation will be Evidence-Based Therapies. The two additional six-month rotations include a variety of clinical experiences and will be selected by the intern prior to the start of internship. Prior to beginning the internship, interns will consult with the Co-Directors of training and supervising psychologists to select those training experiences that best meet their individual training needs and interests. Interns will be expected to provide long-term treatment throughout the year to Veterans in one of the outpatient settings, and interns will complete at least 3 comprehensive assessments. They will complete 2080 hours of training including at least 520 hours of direct patient contact. Interns will be given at least four hours of weekly supervision, two hours of which will be individual supervision. Additionally, interns will have at least two hours of weekly didactic instruction. Time for research will be available throughout the year. The internship program will expose interns to a broad clinical population, a variety of treatment modalities and milieus, and a variety of theoretical orientations, and supervisors and will emphasize training in the various roles of a professional psychologist.

**Training Experiences**

Below is the description of each of the rotations from which the intern can choose. All interns will complete a Patient Centered Medical Home rotation [Primary Care-Mental Health Integration (PCMH) or Health Promotion Disease Prevention (HPDP)] and a rotation in Evidence-Based Therapies. In addition, interns will choose 2 additional 6-month rotations. Interns will also have therapy, assessment, and research experience throughout the year. Interns may be asked on certain rotations to work flexible hours, such as an evening a week, to improve access to care for Veterans, but required hours would not exceed 40 hours per week. The specific program developed by an intern must meet the approval of the Co-Directors of Training.

**Rotations**

* One PCMH rotation and the Evidence Based Therapies rotations are required.

*Primary Care-Mental Health Integration/Patient Centered Medical Home (PCMH)

* Supervisor: Nisha Nayak, PhD, Amy Helstrom, PhD

The Crescenz VA Primary Care clinics are fast-paced, outpatient primary care medical settings. Behavioral health services are well integrated into primary care practice following the Patient Centered Medical Home (referred to in the VA as Patient Aligned Care Team (PACT)) model of treatment. Interns on this rotation will work as members of an integrated care team including psychology technicians, nurses, a psychiatrist, psychologists, and primary care staff. They will have the opportunity to provide consultation to primary care providers as well as provide scheduled and urgent evaluations of patients with a wide range of mental and behavioral health issues. Interns will also work with the Post Deployment Clinic (PDC), a primary care clinic serving male and female veterans who have served in Iraq and Afghanistan. In the PDC, primary care, behavioral health, and social work are well-integrated, and the initial PDC visit for returning Veterans involves meeting with each of these providers (primary care provider, social worker, and PCMH psycholog) to establish an interdisciplinary treatment plan. Interns will also have the opportunity to work with medical residents as part of an Integrated Health Visit, where the intern provides on-site assessment and intervention and assists the residents with talking to veterans about behavior change.

Interns will be responsible for evaluating and monitoring patients, providing education and support, influencing adherence to guidelines by providing “on-time, on-target” information to primary care providers, and collaboratively making appropriate care decisions. Measurement-based care will be
emphasized, and interns will apply this in the context of evidence-based treatment modalities for primary care veterans with depression, anxiety, alcohol misuse, subsyndromal PTSD, and chronic pain. Interns in this rotation will provide brief individual treatment as well as lead psycho-education groups and co-lead psychotherapy groups for male and female veterans.

*Health Promotion Disease Prevention/PCMH

Supervisors: Erin Ulloa, PhD, Rebecca Helms, PsyD

Health Promotion/Disease Prevention (HPDP) is a VA-initiative dedicated to reducing the burden of chronic disease by targeting unhealthy behaviors (e.g., diet, exercise, tobacco and alcohol use, chronic stress) and promoting patient empowerment through self-management behaviors. This assignment incorporates a strong behavioral medicine focus and emphasizes the unique health psychology skill set involved in the provision of both individualized patient-centered care and population-focused care to support veterans in making positive health behavior changes. On this rotation the intern will work with the facility's Health Behavior Coordinator (HBC) and HPDP Program Manager in the provision of direct clinical care (individual and/or group) as well as several, or all, of the following components consistent with HPDP initiatives: medical staff education and training, consultative services, program development/management/evaluation, performance improvement, and various other health care leadership/administrative tasks. Specific clinical opportunities include facilitating or co-facilitating groups such as stress management, Gateway to Healthy Living, Sleep Well, MOVE! weight management groups, pre-diabetes, tinnitus management, and stop smoking, as well as individual treatment focused on weight management, smoking cessation, insomnia, medication adherence, coping with chronic illness, CBT for functional GI disorders, needle phobia, and psycho-oncology. Interns will have the opportunity to supervise practicum students on this rotation and will work closely with the HPDP/Pain Postdoctoral Resident. Interns participate in the monthly Health Psychology journal club and also have the opportunity to meet with the BHL consulting psychiatrist to learn more about psychotropic medication and consult on medication requests and management. HPDP services are interdisciplinary in nature and highly integrated within Primary Care's Patient Aligned Care Team (PACT) and among other hospital programs.

*Evidence-Based Therapies Rotation

Supervisors: Christina DiChiara, PsyD, Jason Goodson, PhD, Elyssa Kushner, PsyD

This required, major rotation offers the intern the opportunity to be trained in two of the Veteran Administration’s Evidence-Based Psychotherapy initiatives, Prolonged Exposure for PTSD and Cognitive-Behavioral Therapy for Depression. In addition, this rotation also includes exposure to and the use of other evidence-based treatments for a wide variety of clinical disorders including GAD, OCD, social anxiety, panic disorder, and specific phobias. Evidence-based assessment including general clinical interviews, disorder-specific clinical interviews, and regular use of self-report assessments will be utilized. Interns will have the opportunity to provide evidence-based therapies in both individual and group formats. This rotation includes one hour of weekly individual supervision, provided by one of the supervisors above, one hour of group supervision, and one hour of professional group consultation related to the delivery of EBP’s for PTSD.

PTSD Clinical Team (PCT)

Supervisors: Susan DelMaestro, PhD, Marta MacDougall, PsyD

As an active member of the PTSD Clinical Team, the intern will provide treatment planning and individual and group therapy for Veterans exposed to trauma. This rotation offers a solid foundation for understanding the impact of trauma on all aspects of a Veteran’s life, and the intern will have the opportunity to treat clients typically followed by the PTSD team, including those with histories of combat exposure, MST, and childhood trauma. Veterans with complex PTSD often require therapy initially focused on safety, stability, reduction in self-harm behaviors, and the formation of trusting relationships. Once these primary goals are met, treatments addressing the resolution of past trauma offer opportunities for further healing. Finally, treatment with an emphasis on regaining a life that is meaningful and future-
oriented is essential for ongoing progress in recovering from PTSD. Thus, the intern will learn different approaches to treatment for PTSD with an emphasis on adapting interventions to meet the client’s needs and readiness. The intern will have the opportunity to co-lead STAIR, MST, or Veteran Alumni groups and practice the application of trauma-focused treatments with individual clients. The intern will also participate in weekly team meetings, and contribute to discussions on case formulations, treatment approaches, and program design.

**Inpatient Behavioral Health (2 units, 40 total beds)**
*Supervisors: Alissa Silverman, PsyD, Anna Fineberg, PhD*

The inpatient unit at the Crescenz VA provides students with exposure to a wide range of acute and chronic psychopathology, including thought, mood, personality, and substance use disorders, as well as ADHD and traumatic brain injury. Our population includes Veterans of all eras, including the more recent OEF/OIF/OND conflicts. In this setting, interns will observe and provide individual and group psychotherapy for adults on the inpatient unit. Group topics are varied but include coping skills, depression, anxiety, relationships, communication skills, relapse prevention, stress management, recovery from substance use, social skills, suicide/crisis safety planning, self-compassion, sleep hygiene, motivational interviewing-based groups, psycho-education on trauma/PTSD, and skills from DBT, CBT, and ACT. Interns are encouraged to develop their own group curriculum based on their unique clinical interests and experiences.

Strong emphasis will be placed on promoting skills in working collaboratively with other disciplines. Interns will be involved with rounds and multidisciplinary treatment team meetings with psychiatrists, residents, medical students, nurses, social workers, psychologists, recreation therapists, and pharmacists. Interns contribute to developing individualized strengths-based treatment plans to support Veterans as they work towards successful community reintegration and recovery. Interns will also attend daily unit meetings and facilitate continuity of care with outpatient services after discharge. Communication and collaboration with primary care and mental health providers is emphasized to assure continuity of care and to sustain gains made while in the hospital.

The overarching goal of this experience is to develop skills that will lead to professional competence as a psychotherapist and diagnostician, including flexibility to work with a variety of clinical presentations in both individual and group therapy settings, comfort with interdisciplinary collaboration, sensitivity to individual and cultural differences, and high standards of ethical practice and professionalism. Additionally, the unit is a rich learning environment for trainees from various disciplines and additional educational opportunities are available as part of this rotation, including case conferences and grand rounds by expert Penn faculty and consultants.

**Residential Rehabilitation Treatment Program (RRTP) (known as Snyder House)**
*Supervisor: Nicole Kremer, PsyD*

Snyder House is a 40 bed residential treatment program for veterans who have a mental health diagnosis (e.g., PTSD, depression, anxiety, substance use, schizophrenia) and are homeless or at risk of homelessness. The rotation offers a unique opportunity for interns to be a part of a team that includes two psychologists, a psychiatrist, nursing staff, a vocational specialist, a peer specialist, a recreational therapist, two social workers, a nurse practitioner, and a pharmacist. The psychologists at Snyder House offer individual and group therapy as well as serve as the team leaders. Interns will be encouraged to be an active part of the team and learn how to take on a leadership role, while also providing individual and group therapy. Because the average length of stay is 90 days, interns will have the opportunity to work with veterans through their entire episode of care during their rotation.

Snyder House’s model is strength-based and recovery oriented. It helps veterans work on all areas of living and improve their quality of life. The building is beautifully renovated and is located in the heart of South Philadelphia. It offers a home-like environment to residents, with each veteran having his/her own
bedroom and bathroom, along with a dining area, recreational rooms, laundry rooms, and separate men and women’s gyms. The emphasis of the program is to assist the veteran in returning to a healthy and independent lifestyle through practicing healthy coping and communication in the milieu and promoting integration into the community.

**Sleep Clinic**  
*Supervisors: Philip Gehrman, PhD, Elaine Boland, PhD*

In this 6-month rotation, interns will be introduced to the field of Behavioral Sleep Medicine in the setting of an interdisciplinary sleep medicine clinic. Interns will work as part of a treatment team that includes providers from psychology, medicine, nursing and respiratory therapy. The rotation will involve learning to conduct detailed clinical evaluations of sleep and sleep disorders. The primary sleep disorder that we see is insomnia, and interns are trained in the delivery of cognitive behavioral treatment for insomnia (CBT-I) using a case conceptualization approach. Other treatments include imagery rehearsal for trauma-related nightmares, light therapy and melatonin for circadian rhythm disorders, and behavioral interventions to promote adherence to CPAP for sleep apnea. Interns will be exposed to a wide range of sleep disorders over the course of the rotation. Treatment is typically delivered one-on-one but group CBT-I is an option as well. There may be opportunities to provide treatment to veterans at other facilities or in their home using clinical video telehealth. There are ongoing sleep-related research projects and data available that interns can be involved in analyzing for their independent research project.

**Comorbid Substance Use and PTSD**  
*Supervisors: Kara Newman, PhD, Kristin Taylor, PhD*

Interns on this 6-month rotation will utilize case conceptualization to inform individually-tailored interventions for PTSD and substance use, with an emphasis on integration of treatment. The co-occurring nature of the two disorders is such that over time, addiction interferes with amelioration of the trauma disorder and symptoms of the trauma disorder in turn discourage seeking or obtaining recovery from addiction. Training opportunities will include co-leading a group and providing individual psychotherapy. The intern will learn an array of modalities to work with PTSD/SUD populations as part of an effort to form a clinical bridge between the PTSD Clinical Team (PCT) and the outpatient Addiction Recovery Unit (ARU). The intern will attend weekly multidisciplinary team meetings for both clinics and learn about medication-assisted treatment for substance use disorders. Therapy approaches include Seeking Safety, Relapse Prevention, Motivational Interviewing, DBT Skills Training, and STAIR. Evidence-based modalities could include exposure treatments and other cognitive-behavioral approaches. The intern will receive clinical and didactic training, and one hour of weekly supervision that includes review of audiotaped sessions.

**Home Based Primary Care (HBPC)**  
*Supervisor: Marla S. McLaughlin, PhD*

VA Home Based Primary Care (HBPC) provides comprehensive longitudinal primary care in the homes of veterans with complex chronic disabling medical issues that significantly interfere with their ability to come to the hospital/clinics for medical and/or mental health care. HBPC is based on the Patient Aligned Care Team (PACT) model, and the care is delivered by an interprofessional team comprised of medicine, nursing, social work, physical therapy, occupational therapy, dietetics, pharmacy, and psychology. Most HPBC patients are geriatric, mainly older males with varied military experiences (WW-II, Korean War, and Vietnam War) but some are younger and/or female, and all are considered homebound due to the complexity and/or severity of their medical conditions. HBPC confronts a wide range of medical issues, including diabetes, cardiovascular disease, neurological issues (e.g., stroke, ALS, MS, Parkinson’s), chronic pain, and terminal illness. Other health issues to consider are hearing loss, visual impairments, or cognitive impairments/dementia, which can make therapy challenging but also provide an invaluable experience for dealing with the special issues of the elderly population and being creative in communicating. HBPC patients often need skilled services, case management, and assistance with
activities of daily living (e.g., bathing and getting dressed) or instrumental activities of daily living. Some of our patients live alone and lack social support, but a large number of HBPC patients live with their families and spouses. Family members are often present during the psychology sessions, with the consent of the Veteran. Many of the patients have had no previous experience with mental health and are often struggling with stereotypes of psychological care that have to be addressed by the treating provider. Therefore, rapport building is the most important first step with this population in order to make the Veteran and their family feel comfortable with mental health providers visiting their homes.

Trainees will learn how to provide patient-driven, proactive, personalized, team-based care oriented toward maximizing adjustment, coping, and quality of life for veteran and caregivers, in the wake of biopsychosocial losses associated with aging, increased dependency, and fear of disease process. Engaging with the HBPC team is an integral component of this rotation; the intern will attend a weekly Interdisciplinary Team Meeting, consult regularly with nurses and providers, and make treatment recommendations. Common referrals to psychology include: performing dementia assessments, implementing interventions to increase adherence with medical treatment regimens, processing end of life issues, and helping veterans cope with grief, depression, anxiety, and other psychological issues related to the aging process. Opportunities for caregiver intervention focused on improving patient well-being and reducing caregiver stress are also available. HBPC psychologist will accompany the trainee off site, as mental health services are conducted in the Veteran's own home; interns can expect to spend substantial time traveling in a VA supplied vehicle.

Trainees will have the opportunity to conduct and provide: initial mental health evaluations, brief individual therapy, family psychotherapy, crisis intervention, safety planning, cognitive assessment, capacity assessment, psychoeducation, and caregiver support. Contrary to the other HBPC disciplines, there is no recommended follow-up frequency for psychology appointments and the scheduling is done by the psychologist based on clinical opinion, treatment needs, and workload.

This is an excellent rotation to gain a solid foundation of common medical conditions in older adults and how those conditions may impact overall mental and cognitive health, to deepen knowledge about cultural diversity, and to provide psychotherapy in a more unstructured setting. It offers great flexibility and will be tailored to the trainee’s interests and stage of professional development.

**Interdisciplinary Pain Management Team**

**Supervisor: Dana Pilchik, PsyD**

The purpose of this rotation is to provide the intern with experience in pain psychology, a rapidly growing area of behavioral medicine. Many veterans live with persistent pain, which is further complicated by comorbid mental health (e.g., anxiety, depression, PTSD), personality, and substance use disorders. As such, chronic pain is a ubiquitous condition within the VA system and a critical area of training need for future psychologists who intend to work anywhere within VA or other health care settings.

This internship rotation is designed to familiarize the intern with the interdisciplinary treatment of persistent pain, introduce them to various functions of the psychologist in this setting, and provide a solid foundation for understanding the multidimensional impact of chronic pain on a veteran’s functioning. Our treatment approach is based on the biopsychosocial model and our “collaborative self-management” approach to care, which emphasizes establishing a strong working relationship with Veterans to help them improve their own long-term function and quality of life. That model is being widely adopted as a foundation of pain education in the VA and, along with whole person and patient-centered healthcare, is a core tenet in treating chronic pain.

As an integral member of the Interdisciplinary Pain Management Team, interns will participate in weekly team activities (e.g., staff meetings, team program review, pain didactics, interdisciplinary case discussion), consult with providers from other clinics, conduct several weekly chronic pain screening evaluations within the outpatient medical pain clinics, conduct pain intake assessments, administer and interpret pain testing batteries, engage in individual evidence-based psychotherapy and treatment
planning, and facilitate weekly psychoeducational groups. The intern will also provide supervision to a Pain practicum student.

**Neuropsychology Consultation Service**  
*Supervisors: J. Cobb Scott, PhD, Solomon Kalkstein, PhD*

For applicants with a strong background and interest in neuropsychology, the neuropsychology service can provide a primary rotation with a rich clinical experience across diverse patient groups. Training will include assessment and intervention with a variety of patient populations, including traumatic brain injury, neurological and neuromedical disorders, mental health disorders, and chronic health conditions. In addition to seeing patients referred to the Neuropsychology Consultation Service, participation in other neuropsychology services within the CMCVAMC may be available, including the Community Living Center, Polytrauma Clinic (Polytrauma Network Site), Geriatric Memory Disorders Clinic, PADRECC, and Inpatient Mental Health Clinic. Interns will be expected to become proficient in all stages of the neuropsychology process, including chart review, test administration, scoring, conceptualization, case presentation, report writing, and feedback. In addition, our larger training program provides a rich interdisciplinary environment with seminars, invited lectures, and opportunities for collaboration with faculty across disciplines and departments; interns will be invited to participate in these opportunities as time permits.

**Other training experiences**

**Therapy**

All interns will have a therapy supervisor assigned at the beginning of the internship who will supervise cases over the course of the internship and provide the intern with long-term therapy experience. The therapy caseload will range from 3-8 cases based on other trainee therapy experiences and time commitments; selection of cases will be decided with the long-term supervisor. Interns can select from either individual and group therapy, or couples therapy.

**Mental Health Clinic Therapy Experience**  
*Supervisors: Ellen Balzé, PhD, Susan Moslow, PsyD, Elizabeth Eber, PhD, Christine McGinnis, PsyD, Emily Marino, PsyD*

Therapy cases will be selected from the Mental Health outpatient clinic based in part on the preferences of the intern and the supervisor to help ensure a well-rounded internship experience, but may include veterans with serious mental illness, addictive disorders, depression and anxiety disorders, and/or general mental illness. Individual supervision for therapy cases will be weekly for at least 1 hour. Interns may be asked to work flexible hours, such as one or two evenings a week (still keeping to a 40 hour work week), to improve access to care for Veterans. This therapy experience is intended to offer interns the chance to conduct psychotherapy that may extend for much of the year, with the opportunities that afford for extended assessment and case formulation, as well as for customizing standardized techniques and approaches to (often complex) individual treatment needs. Particular attention may also be paid to issues such as the “frame” of therapy, stance of the therapist, reflective practice, tracking process as well as content, a range of models for measuring progress, multiple meanings of the therapy experience for the patient, and professional developmental challenges.

There are many opportunities for group therapy and interns can co-lead or jointly run groups based on their areas of interest and expertise. Interns have most recently been involved in facilitating an outpatient DBT skills group, an ACT for PTSD group, a Self-Compassion group, and a CPT group for MST as part of their outpatient experience.

**Couples Therapy:**  
*Supervisor: Steven L. Sayers, PhD*

Couples therapy is a year-long training experience that includes a 4–month training seminar, weekly supervision, and experience treating a range of couples receiving treatment at the Crescenz VA Medical
Center. Previous experience or training in providing couples therapy is not required but is helpful. Interns who select to receive couples therapy training will receive an hour of weekly therapy supervision. The primary modalities taught will be Integrative Behavioral Couple Therapy (Jacobson & Christensen), an integrative model for treating infidelity (Gordon, Baucum, & Snyder), and a couples brief family consultation approach (Niv). Interns will be asked to work one evening a week (still keeping to a 40 hour work week) to improve access to treatment for couples. This training experience will be limited to one to two interns per training class, at the discretion of the supervisor.

**Psychological Assessment**

*Supervisors: Agnieszka Kleczek, PhD, Solomon Kalkstein, PhD, Cobb J. Scott, PhD*

Assessment is incorporated into each primary rotation and may include clinical interviews, structured interviews, and screenings for depression, anxiety, substance use, post traumatic stress, and cognitive functioning. In addition, interns will be assigned to two rotations that may include General Adult or Geriatric assessments and will spend on average 2 hours per week on this rotation. Further, interns will have monthly assessment meetings for case discussion and/or as a didactic opportunity.

**Research Project**

All interns will be expected to complete a program evaluation or research project over the course of the internship and present the findings at the end of the training year in a poster session. Interns will have opportunities for research through clinical rotations, supervisory relationships, Centers of Excellence such as the MIRECC, the Parkinson’s Disease Research, Education, and Clinical Center (PADRECC), the CHERP, the CESATE, the VA National Center on Homelessness Among Veterans, the Primary Care-Mental Health Integration team, and ongoing clinical research projects. Interns will develop skills in treatment research design and methods, statistical analysis, and the ethical conduct of research.

**Didactics**

The intern didactic seminar will meet one weekday afternoon for two hours and will include staff presentations and/or case presentations. Evidence based treatment trainings will also be held at the beginning of the year and again at mid-year. Group supervision for all interns will be held for an additional one hour each week; interns will use this format to discuss competencies involved in being a supervisor, and use role plays and other exercises to practice supervision skills. Professional development will also be a focus of group supervision. Within each rotation, interns will also attend relevant didactic seminars. In addition, the assessment meeting and two journal clubs, one on diversity and one on military culture, will each occur monthly. Interns will be expected to attend monthly psychiatry grand rounds and case presentations. Didactic opportunities at the University of Pennsylvania will also be open to interns.

Additional opportunities for interns include attending and participating in the following: Psychology Staff Meetings, multidisciplinary team meetings, Grand Rounds, inpatient clinical case conferences, outpatient clinical case conferences, and professional conferences. These opportunities provide Psychology staff and trainees with continuing education, communication, and collaboration.

**Professional Psychologist Mentorship Program**

The Mentorship Program allows Interns to acquire additional guidance and support as they more fully define and develop their roles as professional psychologists. A mentor is a member of the VA’s Behavioral Health Service who have chosen to participate in the year-long mentorship program; they may be active in research and/or administration, or have leadership roles at the VA. Through this non-evaluative relationship with a mentor, interns will gain exposure to different parts of professional life so they can fully experience the many roles of a professional psychologist and, more specifically, a VA psychologist. A mentor can facilitate and oversee research or administration projects, offer direction to resources that are part of the larger VA community, and provide advice about professional activities that will enhance career goals. This program emphasizes that professional success is multifactorial and career development resides within the context of personal development. Allowing trainees to develop
both personally and professionally as psychologists requires role models who have successfully negotiated the challenges encountered early in a psychologist’s career. While choosing a mentor is optional, we hope that each intern will take advantage of this special opportunity to work closely with a member of our community.

Potential interns will be informed of the mentorship program during the interview process. During orientation week, new interns will be provided a list of participating staff, including information related to clinical and research interests, availability for meetings and additional specialized areas for mentoring such as networking skills, work-life balance, early career development, and leadership skill development. In addition, mentors will be encouraged to provide personal and biographical information, as potential mentees may wish to select a mentor based on shared ethnic or cultural background and values.

Requirements for Completion

All VA pre-doctoral internships are exactly 52-week experiences. To successfully complete the program, each intern needs the combination of supervised professional experience, any educational leave (authorized absence), accrued sick and annual (vacation) leave to total 2080 hours (2088 hours in a leap year). In the event of extended sickness, time off for pregnancy and child care, or other exigencies, the intern may have to placed on leave without pay (LWOP) status, thereby delaying his or her finishing the internship along with the cohort class and necessitating the continuation of training into the subsequent training year. This in no way is meant to be punitive in nature, rather it is just a fact of life associated with signing a letter of commitment for any VA internship.

Program Evaluation - Intern assessment

The effectiveness of the training program’s ability in meeting stated goals and objectives will be measured and evaluated through a variety of formal and informal methods. Intern progress will be evaluated throughout the program by supervisors and the co-Directors of Training. Additionally, interns will have the opportunity to evaluate both their supervisors and the overall program.

Intern’s development of knowledge and skills relevant to competency areas will be evaluated through direct observation, interviews, surveys, audio tape, video tape, discussion of clinical interaction, review of written work, case presentation, and surveys of interdisciplinary team members. Specific benchmarks and minimal thresholds of achievement will be established for each goal and objective. These benchmarks will be communicated to interns at the beginning of each rotation. Interns will be expected to demonstrate intermediate to advanced skills in core competencies of health service psychology.

Performance will be regularly assessed by individual supervisors and multidisciplinary team members. In addition, intern documentation of clinical work will be reviewed and signed by intern supervisors. At mid-rotation (quarterly for outpatient psychotherapy), supervisors will give specific feedback to interns on their progress toward meeting the established objectives for each goal, provide a formal written evaluation, and implement a remedial program for interns who fail to progress. At the end of each rotation (mid-rotation for outpatient psychotherapy rotation), supervisors will assess the knowledge and skills gained by interns and complete a second written evaluation. Behavioral anchors for each competency and degree of supervision needed will be rated. Interns will also be monitored by faculty on their contributions to seminars and didactics, and collaboration in research endeavors.

Interns will submit psychological evaluation reports for review by their assessment supervisors. Interns will integrate at least three sources of data, such as a clinical interview, standardized assessment methods (i.e., a personality or intellectual assessment measure), and a self-report measure and present their findings. The following skills will be evaluated by the assessment supervisor: knowledge and skills in clinical interviewing, test selection, test administration, interpretation of interview and test data, written and oral communication skills, recommendations, and delivery of feedback to the Veteran. A formal
evaluation will be completed by the assessment supervisor at minimum at the middle and end of the training year.

The psychotherapy rotation includes regular submission of audiotapes of a full session to the therapy supervisor. Interns will also present a case twice during the training year. Evaluation will be given orally in the form of scholarly exchange and feedback about the case, and a written evaluation will be completed by the therapy supervisor quarterly.

The training committee will meet monthly to evaluate trainee progress. Quarterly training committee meetings will focus on the individual needs and achievements of interns relative to the program’s expected competencies. The co-Directors of Training will also interview and/or survey the supervisors directly to determine their evaluation of the interns’ progress. If competency problems are noted during the training year, a remediation process will occur. This process is in the Intern Handbook and will be outlined to interns at the beginning of training. At the end of the year, the Training Committee will summarize interns’ progress and determine whether the intern has successfully completed the internship.

Program Evaluation - CMCVAMC Psychology program

At mid-rotation (or quarterly for outpatient psychotherapy rotation), interns will give supervisors feedback on the quality of their learning experience and supervision and communicate their perceived strengths and learning needs. At the end of each rotation, interns will complete a written evaluation on the quality of their learning experience and supervision. Interns will also complete an anonymous written evaluation of each weekly seminar to assess quality of didactics and guide future programming. A formal grievance process is described in the internship handbook. Incoming interns will be informed of the procedures to follow when they have a complaint or problem that requires formal resolution.

The Training Committee will meet monthly to evaluate the effectiveness of the training program and provide oversight of supervisory responsibilities including frequency, duration, quality, timeliness, and documentation of supervision. At the completion of each rotation, written evaluations completed by the interns will be submitted to the co-Directors of Training and reviewed and discussed by the Training Committee to consistently monitor and evaluate the effectiveness of the training program as it progresses through the year and make changes as needed. Surveys will be sent out to former interns of the proposed program to identify job placement, licensure, how helpful the internship was for professional development in retrospect, and the extent to which former interns have gained VA Psychology positions. The program will be modified based on feedback to meet market demands and achieve the goal of graduating interns prepared for post-doctoral training or entry level psychology positions.

Facility and Training Resources

Interns will be provided with office space equipped with telephone, voicemail and a networked computer for individual psychotherapy and assessment hours, space for telemedicine appointments, and larger rooms for groups. Interns will also be allotted time and space to allow for peer interaction, support, and socialization. Instruction on the VA’s computerized Patient Record System (CPRS) will be given during interns’ initial orientation followed by specific instruction in documentation of psychological services given by the Director of Training. Conference space is available for seminars, committee meetings and other didactics.

Interns will receive the same level of clerical and technical support as a staff psychologist and will have access to computers that offer SAS statistical package. In addition, the CMCVAMC maintains a professional library that offers an array of bound literature as well as access to various electronic journals, including full access to MEDLINE, ProQuest, New England Journal of Medicine, etc. All interns will have full access to these resources.
Administrative Policies and Procedures

The Crescenz VA’s policy on Authorized Leave is consistent with the national standard. You are welcome to discuss this with the co-Directors of Training.

Due Process: All trainees are afforded the right to due process in matters of problematic behavior and grievances. An due process document is distributed to every intern during orientation and reviewed with them subsequently. A copy of our due process policy is available on request.

Privacy policy: We collect no personal information from you when you visit our web site.

Self-Disclosure: We do not require interns to disclose personal information to their clinical supervisors except in cases where personal issues may be adversely affecting an intern’s performance and such information is necessary to address these difficulties.

No tolerance policy: The Crescenz VA strives to maintain a culture of respect for all, and policies are in place that include “no tolerance” for remarks, behavior or other interpersonal conduct that convey disrespect for others.

A trainee handbook is provided to all incoming interns and residents and includes additional administrative policies, including grievance and due process procedures. The handbook is available to all potential applicants upon request.

Eligibility requirements (see also https://www.psychologytraining.va.gov/eligibility.asp):

The Department of Veterans Affairs (VA) adheres to all Equal Employment Opportunity and Affirmative Action policies. As a Veterans Health Administration (VHA) Health Professions Trainee (HPT), you will receive a Federal appointment, and the following requirements will apply prior to that appointment

1. U.S. Citizenship. HPTs who receive a direct stipend (pay) must be U.S. citizens. Trainees who are not VA paid (without compensation-WOC) who are not U.S. citizens may be appointed and must provide current immigrant, non-immigrant or exchange visitor documents.

2. U.S. Social Security Number. All VA appointees must have a U.S. social security number (SSN) prior to beginning the pre-employment, on-boarding process at the VA.

3. Selective Service Registration. Male applicants born after 12/31/1959 must have registered for the Selective Service by age 26 to be eligible for U.S. government employment, including selection as a paid or WOC VA trainee. For additional information about the Selective Service System, and to register or to check your registration status visit https://www.sss.gov/. Anyone who was required to register but did not register before the age of 26 will need to apply for a Status Information Letter (SIL) and request a waiver. Waivers are rare and requests will be reviewed on a case by case basis by the VA Office of Human Resources Management. This process can take up to six months for a verdict.

4. Fingerprint Screening and Background Investigation. All HPTs will be fingerprinted and undergo screenings and background investigations. Additional details about the required background checks can be found at the following website: http://www.archives.gov/federal-register/codification/executive-order/10450.html.

5. Drug Testing. Per Executive Order 12564, the VA strives to be a Drug-Free Workplace. HPTs are not drug-tested prior to appointment, however are subject to random drug testing throughout the entire VA appointment period. You will be asked to sign an acknowledgement form stating you are aware of this practice. See item 8 below.
6. **Affiliation Agreement.** To ensure shared responsibility between an academic program and the VA there must be a current and fully executed Academic Affiliation Agreement on file with the VHA Office of Academic Affiliations (OAA). The affiliation agreement delineates the duties of VA and the affiliated institution. Most APA-accredited doctoral programs have an agreement on file. More information about this document can be found at [https://www.va.gov/oaa/agreements.asp](https://www.va.gov/oaa/agreements.asp) (see section on psychology internships). Post-degree programs typically will not have an affiliation agreement, as the HPT is no longer enrolled in an academic program and the program is VA sponsored.

7. **TQCVL.** To streamline on-boarding of HPTs, VHA Office of Academic Affiliations requires completion of a Trainee Qualifications and Credentials Verification Letter (TQCVL). An Educational Official at the Affiliate must complete and sign this letter. For post-graduate programs where an affiliate is not the program sponsor, this process must be completed by the VA Training Director. Your VA appointment cannot happen until the TQCVL is submitted and signed by senior leadership from the VA facility. For more information about this document, please visit [https://www.va.gov/OAA/TQCVL.asp](https://www.va.gov/OAA/TQCVL.asp)

   a. **Health Requirements.** Among other things, the TQCVL confirms that you, the trainee, are fit to perform the essential functions (physical and mental) of the training program and immunized following current Center for Disease Control (CDC) guidelines and VHA policy. This protects you, other employees and patients while working in a healthcare facility. Required are annual tuberculosis screening, Hepatitis B vaccine as well as annual influenza vaccine. **Declinations are EXTREMELY rare.** If you decline the flu vaccine you will be required to wear a mask while in patient care areas of the VA.

   b. **Primary source verification of all prior education and training** is certified via the TQCVL. Training and Program Directors will be contacting the appropriate institutions to ensure you have the appropriate qualifications and credentials as required by the admission criteria of the training program in which you are enrolled.

8. **Additional On-boarding Forms.** Additional pre-employment forms include the Application for Health Professions Trainees (VA 10-2850D) and the Declaration for Federal Employment (OF 306). These documents and others are available online for review at [https://www.va.gov/oaa/app-forms.asp](https://www.va.gov/oaa/app-forms.asp). Falsifying any answer on these required Federal documents will result in the inability to appoint or immediate dismissal from the training program.

9. **Proof of Identity per VA.** VA on-boarding requires presentation of two source documents (IDs). Documents must be unexpired and names on both documents must match. For more information visit: [https://www.oit.va.gov/programs/piv_/media/docs/IDMatrix.pdf](https://www.oit.va.gov/programs/piv_/media/docs/IDMatrix.pdf)

Additional information regarding eligibility requirements for appointment as a psychology HPT can be found at the end of this brochure.

**Additional information regarding eligibility requirements (with hyperlinks)**

- Selective Service website where the requirements, benefits and penalties of registering vs. not registering are outlined: [https://www.sss.gov/Registration/Why-Register/Benefits-and-Penalties](https://www.sss.gov/Registration/Why-Register/Benefits-and-Penalties)

**Additional information regarding specific suitability information from Title 5 (referenced in VHA Handbook 5005 – hyperlinks included):**

(b) **Specific factors.** In determining whether a person is suitable for Federal employment, only the following factors will be considered a basis for finding a person unsuitable and taking a suitability action:

   (1) Misconduct or negligence in employment;
   (2) Criminal or dishonest conduct;
(3) Material, intentional false statement, or deception or fraud in examination or appointment;
(4) Refusal to furnish testimony as required by § 5.4 of this chapter;
(5) Alcohol abuse, without evidence of substantial rehabilitation, of a nature and duration that suggests that the applicant or appointee would be prevented from performing the duties of the position in question, or would constitute a direct threat to the property or safety of the applicant or appointee or others;
(6) Illegal use of narcotics, drugs, or other controlled substances without evidence of substantial rehabilitation;
(7) Knowing and willful engagement in acts or activities designed to overthrow the U.S. Government by force; and
(8) Any statutory or regulatory bar which prevents the lawful employment of the person involved in the position in question.

(c) Additional considerations. OPM and agencies must consider any of the following additional considerations to the extent OPM or the relevant agency, in its sole discretion, deems any of them pertinent to the individual case:

(1) The nature of the position for which the person is applying or in which the person is employed;
(2) The nature and seriousness of the conduct;
(3) The circumstances surrounding the conduct;
(4) The recency of the conduct;
(5) The age of the person involved at the time of the conduct;
(6) Contributing societal conditions; and
(7) The absence or presence of rehabilitation or efforts toward rehabilitation.
Training Committee

Ellen Balzé, Ph.D.
Temple University, 1998  
CMCVAMC Position: Silver (SMI) Team Psychologist  
Interests: Psychotherapy with pts with SMI diagnoses; Dialectical Behavior Therapy with BPD and other emotion regulation disorders; psychotic symptoms in the context of trauma; Prolonged Exposure for PTSD; group interventions; mindfulness; Lacanian psychoanalysis.
Email: Ellen.Balze@va.gov

Susan Del Maestro, Ph.D.
St. John’s University, 1988; Clinical Associate in Psychiatry, U of Penn  
CMCVAMC Position: Co-Director of Psychology Training, PTSD Clinical Team Psychologist  
Interests: Treatment of complex PTSD, treatment outcome of chronic/complex PTSD, supervision.
Email: Susan.Delmaestro@va.gov

Christina DiChiara, Psy.D.
Philadelphia College of Osteopathic Medicine, 2012  
CMCVAMC Position: Evidence-Based Psychotherapy Co-Coordinator, PTSD Clinical Team Psychologist; Military Sexual Trauma Coordinator  
Interests: Evidence-based practices for trauma and anxiety disorders, mindfulness, behavior therapy  
Email: Christina.Dichiara@va.gov

Elizabeth Eber, Ph.D.
Emory University, 1989  
CMCVAMC Position: Silver (SMI) Outpatient Team and Inpatient Psychologist (weekend program)  
Interests: DBT for individuals with BPD and other disorders of emotion regulation; treatment of those with severe and persistent mental illnesses and/or those who are difficult to engage; treatment of complex trauma; person-centered, recovery-oriented approaches to care  
Email: Elizabeth.Eber@va.gov

Anna Fineberg, Ph.D.
Temple University, 2016  
CMCVAMC Position: Staff Psychologist, Inpatient Behavioral Health  
Interests: trauma, addiction and co-occurring conditions (PTSD, depression, anxiety, chronic pain), shame, group therapy/process, mindfulness  
Email: Anna.Fineberg@va.gov

Phillip Gehrman, Ph.D., CBSM
University of California, San Diego, 2003; Clinical Associate in Psychiatry, U of Penn; Adjunct faculty, Widener University  
CMCVAMC Position: Clinical Psychologist, Sleep Clinic  
Interests: CBT for insomnia  
Email: Phillip.Gehrman@va.gov

Lea Girsh, Ph.D.
Long Island University, 2005; Clinical Associate in Psychiatry, U of Penn  
CMCVAMC Position: Horsham Outpatient Clinic Psychologist  
Interests: Combat military trauma, MST, PTSD and familial impact, schizophrenia  
Email: Lea.Girsh@va.gov

Jason Goodson, Ph.D.
Utah State University, 2005; Clinical Associate in Psychiatry, U of Penn  
CMCVAMC Position: Evidence-Based Psychotherapy Co-Coordinator, Psychologist PTSD Clinical Team, Prolonged Exposure Therapy Consultant and Trainer
Interests: Individual/group prolonged exposure therapy for PTSD, smoking cessation
Email: Jason.Goodson@va.gov

Rebecca Helms, Psy.D.
La Salle University, 2008; Clinical Associate in Psychiatry, U of Penn
CMCVAMC Position: Health Behavior Coordinator (HBC)
Interests: Behavioral medicine, whole health, weight management, health behavior change, insomnia, & psycho-oncology
Email: Rebecca.Helms@va.gov

Amy Helstrom, Ph.D.
University of Colorado, 2003; Clinical Associate in Psychiatry, U of Penn
CMCVAMC Position: Primary-Care Mental Health Integration Team Psychologist; Mental Illness, Research, Education, and Clinical Center Investigator
Interests: PTSD and addictive disorders, behavioral health issues among OEF/OIF veterans
Email: Amy.Helstrom@va.gov

Solomon Kalkstein, Ph.D.
Columbia University, Teachers College, 2006; Clinical Associate in Psychiatry, U of Penn
CMCVAMC Position: Psychologist
Interests: Neuropsychological assessment and anger management
Email: Solomon.Kalkstein@va.gov

Johanna Klaus, Ph.D.
University of Miami, 2004; Clinical Associate in Psychiatry, U of Penn
CMCVAMC Position: Acting Chief of Psychology; Co-Director of Psychology Training; Co-Associate Clinical Director, VISN 4 Mental Illness Research, Education, and Clinical Center
Interests: Development of evidence-based interventions for primary care delivery, national implementation of primary care-mental health integration
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California School of Professional Psychology, 2003; Clinical Associate in Psychiatry, U of Penn
CMCVAMC Position: Psychologist Community Living Center
Interests: Clinical neuropsychology
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Nicole Kremer, Psy.D.
Wright State University, 2002
CMCVAMC Position: Clinical Psychologist, Residential Rehabilitation Treatment Program
Interests: Health psychology, meditation/mindfulness, trauma, Acceptance-Commitment Therapy (ACT)
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Elyssa Kushner, PsyD
La Salle University, 2006
CMCVAMC Position: Staff Psychologist
Interests: Evidence-based psychotherapies for anxiety disorders and depression
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Boston University, 1993
CMCVAMC Position: Program Director Residential Rehabilitation Treatment Program
Interests: PTSD, sexual trauma and women's psychology, cultural competency, biracial issues
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Marta MacDougall, Psy.D.
Illinois School of Professional Psychology, 2002; Clinical Associate in Psychiatry, U of Penn
CMCVAMC Position: Military Sexual Trauma Coordinator; PTSD Clinical Team Psychologist
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Emily Marino, Psy.D.
La Salle University, 2015
CMCVAMC Position: Staff Psychologist, Mental Health Clinic
Interests: Evidence-based psychotherapies for anxiety, depression, and PTSD; Acceptance and Commitment Therapy and other third-wave behavioral treatments; self-compassion and the treatment of shame/self-criticism; LGBTQ+ populations
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Christine McGinnis, Psy.D.
Chestnut Hill College, 2011
CMCVAMC Position: Staff Psychologist, MHC
Interests: Psychodynamic psychotherapy, positive psychology, posttraumatic growth, intergenerational transmission of trauma, women veterans, eating disorders
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Marla S. McLaughlin, PhD
Fordham University, 1999; Clinical Associate in Psychiatry, U of Penn
CMCVAMC Position: Psychologist – Home-Based Primary Care (HBPC) Team
Interests: Psychological impact of medical issues, geropsychology, neuropsychology, caregiver burden, grief/loss, end of life issues, compassion fatigue, interprofessional team dynamics
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Susan Moslow, Psy.D.
Immaculata University 2006
CMCVAMC Position: Staff Psychologist, Mental Health Clinic
Interests: Psychodynamic Psychotherapy, Buddhist Psychology, and the following evidenced based practices: Acceptance and Commitment Therapy for Depression, Prolonged Exposure and Dialectical Behavior Therapy.
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Nisha Nayak, Ph.D.
University of Houston, 2008
CMCVAMC Position: Primary Care – Mental Health Integration Team Psychologist
Interests: Smoking cessation, clinical video telehealth, brief treatments for PTSD
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Kara Newman, Ph.D.
Drexel University, 2014
CMCVAMC Position: Clinical Psychologist, Addiction Recovery Unit
Interests: Cognitive-behavioral therapy, relapse prevention in group therapy, motivational interviewing, traumatic grief and loss, CPT for PTSD, healing from childhood trauma, STAIR and DBT skills
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Paige Novick-Kline, PsyD
La Salle University, 2005
CMCVAMC Position: Staff Psychologist
Interests: Evidence-Based treatment of anxiety disorders, trauma, and depression; Acceptance and Commitment Therapy (ACT)
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Steven Sayers, Ph.D.
University of North Carolina at Chapel Hill, NC, 1990; Associate Professor of Psychology in Psychiatry, U of Penn
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Interests: Medical and psychiatric illness and marital and family processes
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University of California, San Diego, 2009; Assistant Professor, U of Penn
CMCVAMC Position: Staff Psychologist
Interests: Trauma, TBI, substance use disorders, neuropsychology, neuroimaging
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Alissa Silverman, Psy.D.
Chestnut Hill College, 2006; Clinical Associate in Psychiatry, U of Penn; Certified Group Psychotherapist
CMCVAMC Position: Inpatient Psychologist; Practicum Director
Interests: Inpatient Behavioral Health, Group & Individual Psychotherapy, Severe Mental Illnesses, Trauma, Addiction, Supervision
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Kristin Taylor, Ph.D.
Temple University, 2011
CMCVAMC Position: Clinical Psychologist, Addiction Recovery Unit
Interests: CBT for depression and anxiety, suicide assessment and prevention, evidence-based treatment of PTSD
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Erin Ulloa, PhD
University of South Florida, 2006
CMCVAMC Position: Acting Director, Primary-Care Mental Health Integration Team (BHL); Psychologist, Health Promotion Disease Prevention Program Manager
Interests: Behavioral Medicine, health behavior change, stress management
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Peter Yeomans, Ph.D.
Drexel University, 2008; Clinical Associate in Psychiatry, U of Penn
CMCVAMC Position: SUD-PTSD Psychologist
Interests: PTSD-SUD, family therapy, CPT, moral injury
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Local Information

The CMCVAMC is part of the VISN 4 VA Healthcare Network, serving Veterans in the city of Philadelphia, as well as Southeastern Pennsylvania and Southern New Jersey. In addition, the CMCVAMC manages several community based outpatient clinics (CBOCs), which include clinics in Camden, NJ; Burlington County, NJ; Gloucester County, NJ; West Philadelphia; and Horsham, PA. The CMCVAMC currently has over 90,000 veterans from varying backgrounds and cultures enrolled for healthcare. It is located a short distance from downtown Philadelphia, and across the street from the University of Pennsylvania campus.

The city of Philadelphia is a center for education and culture. Known as the “City of Brotherly Love,” it is the fifth largest city in the United States. Philadelphia is known for its wealth of American history, active art community, sports teams, and cuisine (the famous Philly cheesesteaks), and also boasts the world’s largest landscaped urban park. Philadelphia is centrally located in the Northeast, only a short car or train ride to Baltimore, Washington, D.C., and New York City and about an hour from the Jersey shore and Atlantic City.

Directions to the Crescenz VA Medical Center

The Crescenz VA Medical Center is located at the corner of Univeristy and Woodland Avenues and 38th Street in West Philadelphia. The address is 3900 Woodland Avenue, Philadelphia, PA 19104. For driving directions, please check the CMCVAMC website at: http://www.philadelphia.va.gov/visitors/directions.asp.

Hotels within walking distance include the Sheraton University City Hotel in Philadelphia and the Hilton Inn at Penn.

The Crescenz VA is also accesible by public transportation. For more information, go to the SEPTA website at www.septa.org.