



Psychology Training Program – Pre-internship (Advanced Therapy Practicum)

VA Long Beach Healthcare System
Tibor Rubin Medical Center
5901 East 7th Street (06/116B)
Long Beach, CA 90822
(562) 826-5604

<http://www.longbeach.va.gov/>

https://www.longbeach.va.gov/careers/PsychologyTraining_.asp

Accreditation Status

The psychology internship and postdoctoral fellowship programs at the VA Long Beach Healthcare System are accredited by the Commission on Accreditation of the American Psychological Association. Questions related to the program's accredited status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 2002
Phone: (202) 336-5979 e-mail: apaaccred@apa.org
Internet: <http://www.apa.org/ed/accreditation>

Accreditation does not have bearing on pre-interns or other practicum students, although does reflect the high quality of training our program will provide.

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Application and Selection Procedures

The pre-internship program at VA Long Beach Healthcare System accepts applications from psychology doctoral students from the following programs: (1) Fuller Theological Seminary, School of Psychology, (2) Loma Linda University (LLU), (3) Pepperdine University, (4) Rosemead School of Psychology/Biola University, (5) University of California, Los Angeles (UCLA), and (6) University of Southern California (USC). We will offer up to 8 pre-intern positions for the 2020-2021 training year.

Pre-interns are expected to be on-site for 16-18 hours per week under the clinical supervision of their primary supervisor, which is typically divided across two days. These days are determined during orientation week based on pre-intern availability and clinic training opportunities. For more information regarding clinical training opportunities, please see "Program Structure" section below. Pre-interns will complete a full 52-weeks of training. Accommodations can be made for pre-interns who need to travel for internship interviews, complete practicum early, or dissertation defense.

Application deadlines and interview notification dates are listed below. Application procedures vary by doctoral program; however, all applicants must submit a cover letter, CV, and two letters of recommendation, at least one from a prior/current clinical supervisor. Please consult with your program for more details regarding the application process.

Application Deadline: January 24, 2020

Interview Notification Date: By January 31, 2020

Notification Date: By February 14, 2020

VA Eligibility Requirements

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 following the selection process, and the following requirements will apply prior to that appointment

1. **U.S. Citizenship.** HPTs must be U.S. citizens.
2. **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> (see section on psychology internships).
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. 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>
 - 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/oa/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

Additional information regarding eligibility requirements for appointment as a VA psychology HPT can be found at the following links:

- <https://www.psychologytraining.va.gov/eligibility.asp>
- <https://www.psychologytraining.va.gov/docs/Trainee-Eligibility.pdf>

Psychology Setting

Our VA Long Beach Healthcare System includes the main medical center complex in Long Beach, as well as five community-based outpatient clinics (CBOCs) located in West Long Beach (Villages at Cabrillo), Anaheim, Laguna Hills, Santa Ana, and Santa Fe Springs. VA Long Beach is a part of the Veteran's Integrated Service Network (VISN) 22, which also includes the New Mexico VA, Northern Arizona VA, Phoenix VA, Southern Arizona VA, San Diego VA, Loma Linda VA, and the Greater Los Angeles Healthcare System consisting of the West Los Angeles VA, the Sepulveda VA Ambulatory Care and Nursing Home, the Los Angeles Ambulatory Care Center, and outlying clinics. Our medical center has been undergoing extensive renovation with two large new buildings, and it is located adjacent to California State University Long Beach. Residents from the University of California at Irvine (UCI) Medical School rotate through Long Beach Memorial Medical Center, VA Long Beach, and UCI Medical Center, which is 13 miles east of us.

Established in 1947, the Psychology Training Program has always been considered a significant component of mental health services and it has been fully integrated into the VA Long Beach Healthcare System. Since 1980, we have trained 306 doctoral interns, representing 100 graduate programs from around the country. The internship program was initially granted accreditation by the American Psychological Association in February 1980. Also, for many years we have been training practicum students (please see "Current and Former Pre-intern" section below), typically from local universities, and this year we will have our twelfth class of postdoctoral fellows in seven specialty areas.

Most staff psychologists are members of the Mental Health Care Group and our Chief of Mental Health is psychiatrist, Lawrence Albers, M.D. Our Chief Psychologist is Nicholas Caskey, Ph.D., and our Assistant Chief Psychologist is Jessica Zuehlke, Psy.D. Our Director of Psychology Training is Gretchen Sholty, Ph.D. Andrea Scott, Ph.D., is the Director of our Psychology Training program, first funded in 2008, and Christine Kim, Ph.D. is the Coordinator of our Neuropsychology Clerkship program. The Directors of Training are advised by the Executive Training Committee. Over half of the total number of our training psychologists have been hired in the past 10 years, especially in the areas of neuropsychology,

outpatient mental health, Combat PTSD program, and Primary-Care Mental Health Integration. Also, we have two psychology technicians who administer our psychological testing lab and our vocational counseling program.

Naturally, the generalist training that we provide is highly influenced by our being a VA healthcare facility. Like all VA training programs we serve primarily adult veterans and some active military service people, the majority of whom are male, although an increasing percentage of younger veterans and active duty service members are women. Because we are also a general medical and surgical facility as well as a broad provider of psychological and psychiatric services, several of the training opportunities that we provide have a health psychology focus.

Training Model and Program Philosophy

Our Psychology Doctoral Training Program at the VA Long Beach Healthcare System is committed to close supervision and competency-based training in a highly collegial setting. We endorse the scientist-practitioner model of psychology, and the pre-internship training experience is organized accordingly. We are guided by both the original Boulder Model (Raimy, 1950) and the update of the scientist-practitioner model as articulated at the 1991 Gainesville conference (Belar & Perry, 1992).

Pre-interns are expected to be developing a solid grounding in the science of psychology. We can teach generalist psychology and empirically supported treatments, but we have to assume that our trainees come with the underlying scientific rigor that can only be provided by their undergraduate and graduate programs. Although our psychology staff provides a number of specialized services, we believe that training in clinical and counseling psychology at the doctoral level should be broadly based rather than narrowly focused so trainees can immerse themselves in new areas of clinical endeavor to prepare them for pre-internship and beyond.

The program follows a traditional one-to-one apprenticeship model in which the trainee works closely with and often literally alongside her or his supervisor. Primary areas of skills are in clinical assessment and intervention, consultation, research and other scholarly inquiry, and awareness of and sensitivity to professional, ethical, legal, and diversity issues. The degree of responsibility given the pre-intern and the amount of structure provided depends on his or her level of prior experience and grasp of the particular rotation.

Program Structure

Training Schedule and Rotations

After hearing presentations by all the staff psychologists describing their rotations (entire list of available rotations is listed below in "Training Experiences" section) and associated training experiences during orientation week in August, pre-interns will meet with the Pre-Internship Program Coordinator to discuss preferred rotations and supervisors for the training year. Rotation schedules will ultimately be determined by the Directors of Training at the end of the orientation week. Pre-intern preferences, availability, and areas of specialization are strongly considered when determining these rotation schedules. However, if pre-interns have gaps in their training, it is important to fill those gaps throughout the training year. Pre-interns' rotations will also be assigned after the interns' rotation schedules have been determined, thus potentially limiting the number of available rotations. Please note that while the Directors of Training will do their best to accommodate pre-intern preferences, no specific supervisor or rotation is guaranteed.

Pre-interns will complete two consecutive 6-month rotations. A visual depiction of the training year schedule is listed below:

| First 6-months (August – February) | Second 6-months (February – August) |
|---|--|
| Rotation 1 | Rotation 2 |

Supervision

Supervision of clinical rotations: Each pre-intern will have two primary licensed staff psychologist supervisors throughout the year (one on each rotation) who are each responsible for the training experiences on their specific rotations. Supervisors assist in selecting patients and making referrals, representing Psychology with the pre-intern in team meetings, and scheduling individual face-to-face and perhaps some group supervision sessions. Pre-interns can expect at least 1-2 hours of face-to-face individual supervision from their primary supervisor per week. Pre-interns may also receive additional supervision from delegated supervisors within their rotations and there are opportunities for informal training with interns and postdoctoral fellows in group formats.

Supervision from psychology intern/postdoctoral fellows: Pre-interns will also be supervised on a general psychotherapy case by a psychology intern/postdoctoral fellow during both rotations throughout the training year (1 case each 6-month period). Three hours per week (out of the 16-18 hours) will be allocated to this training experience: 1 hour for the provision of therapy for a general psychotherapy case, 1 hour to meet with intern/fellow for 1:1 supervision, and 1 hour for administrative duties related to the therapy case. Audiotapes/Digital Recordings of the psychotherapy session as well as of the supervision meetings may be reviewed during the intern/fellow group supervision of supervision seminar to facilitate best practices in clinical patient care and supervision.

Workload/Time Allocation

As noted above, pre-interns are expected to work 16-18 hours per week, over the course of two days. The training program also includes educational opportunities such as seminars and case conferences, depending on the pre-intern's rotation schedule.

During the first month of the training year, pre-interns are expected to identify their training goals and to work with their rotation supervisors to develop a schedule of activities for the year designed to meet these goals. The conceptualization going into the Individualized Training Plan (ITP) should involve self-assessment together with discussions with the supervisors to facilitate personal and professional growth and development.

A breakdown of the encouraged weekly time distribution across programmatic and clinical rotation experiences is listed below:

| Programmatic Experiences: | Clinical Rotation Experiences: |
|--|---------------------------------------|
| General Psychotherapy Case and Supervision by Psychology Intern/Fellow: 3 hours/week | Clinical Work: 8-9 hours/week* |
| Seminars: optional with supervisor's approval | Administrative Time: 4-5 hours/week* |
| TOTAL = 3 hours | TOTAL = 13-15 hours |

*The time allocation for clinical rotation experiences will differ depending on clinical rotation.

Additional Opportunities

Pre-interns are welcome to participate in any of the additional opportunities listed below. Please receive approval from your supervisor prior to attending the non-lunch time meetings.

Long-term Psychotherapy Case: Pre-interns are allowed to carry up to one long-term psychotherapy case throughout the training year. Supervision may be provided by either the original supervising psychologist from the first half of the year, or if agreed upon, by the supervisor of the pre-intern's clinical rotations in the second half of the year.

Mental Health Grand Rounds and Journal Club: These meetings are held most Tuesdays at lunch (12-1pm) once the training year begins for all mental health disciplines. Psychology interns and postdoctoral fellows present on journal articles and their year-long projects during these meetings.

Other Didactics: The pre-internship program also includes educational opportunities such as lectures, on-site trainings (e.g., VA Long Beach hosts a yearly Mental Health & Polytrauma training), seminars, case conferences, as well as training opportunities through neighboring Southern California VA's.

Mentorship: In addition to supervision, pre-interns have the option of receiving professional mentorship from psychology staff. A list of available mentors will be provided at the beginning of the training year. The role of a mentor is non-evaluative and flexible (CA-licensed is not required) and the mentor does not serve as a supervisor to the pre-intern at any point in their training experience.

Training Experiences

Below is a list of clinical rotations that are available for psychology pre-interns at the VA Long Beach Healthcare System for the 2020-2021 training year. Please note that this list is subject to change due to changes in staffing or the development of new rotations. More information about the supervisors can be found in the "Psychology Training Staff Credentials and Interests" section below.

1. Couples and Family Therapy
2. Geropsychology -- Community Living Center (CLC) & Geriatric Evaluation & Management (GEM)
3. Health and Wellness
4. Outpatient Mental Health – Behavioral Health Interdisciplinary Program (BHIP)
5. Outpatient Mental Health – Santa Ana Community Based Outpatient Clinic (CBOC)
6. Outpatient Mental Health – Santa Fe Springs CBOC
7. Primary Care-Mental Health Integration (PC-MHI)
8. Program for Traumatic Stress (Combat PTSD)
9. Spinal Cord Injury/Dysfunction (SCI/D)
10. Women's Mental Health Clinic (WMHC) and Trauma

1. Couples and Family Therapy

Primary Supervisors: Michael Ganz, Ph.D. & Tatiana McDougall, Ph.D.

Program: This rotation offers advanced training in the specialty area of couples therapy with a minor emphasis on family outreach, support and education. Couples are referred to this rotation by other providers from throughout the healthcare system, leading to diverse presentations.

Psychology Training Provided: Dr. Ganz and Dr. McDougall are the two dedicated Couples Therapy psychologists at the Long Beach VA. EBP opportunities include Emotionally Focused Therapy (EFT) for Couples, Integrative Behavioral Couples Therapy (IBCT), as well as Cognitive Behavioral Conjoint Therapy (CBCT) for PTSD. Assessment opportunities are on a training-needs basis.

Dr. Ganz approaches his work from various evidence-based modalities depending on the clinical presentation and case conceptualization. Supervisees can expect to focus heavily on learning and/or expanding skills in EFT with a minor emphasis in IBCT and CBCT. Communication skills psychoeducation is based on the Gottman approach as well as Scuka's Relationship Enhancement Therapy. Trainees in this rotation will have an opportunity to learn and give psychoeducational workshops based on the Scream-Free Parenting program. Dr. Ganz conceptually integrates from relational psychodynamic and attachment perspectives and uses these as a springboard to address psychopathology in time-limited treatment paradigms. Dr. Ganz is a former U.S. Army psychologist and combat veteran who also has a wealth of experience in treating PTSD with PE, CPT, and EMDR.

Dr. McDougall brings both research and clinical experience working with couples. She integrates attachment theory with research on stress/arousal and neurobiology to treat relationship distress from a holistic perspective. She is strongly influenced by mindfulness-based practices and incorporates this frequently into her work with couples. Trainees will receive supervision predominantly in EFT, with a

strong emphasis on case conceptualization based in attachment theory with attention to cultural factors in the conceptualization of relational dynamics. Dr. McDougall is also trained in IBCT and CBCT-PTSD and enjoys integrating behavioral and trauma-focused treatment paradigms into couples work, always grounding conceptualization in attachment theory. Dr. McDougall also brings experience and training in DBT, which she uses in her treatment of high-conflict couples. For individual cases, Dr. McDougall takes an integrative approach emphasizing dynamic and attachment-based approaches to case formulation with short-term, evidence-based interventions. Dr. McDougall also leads the Intern Supervision of Supervision Seminar, based on her values of learning and teaching the craft of supervision. Trainees who work with Dr. Ganz and Dr. McDougall will receive both individual and group supervision. Group supervision occurs Mondays from 3-4:30pm

EBP Opportunities: Emotionally Focused Couples Therapy (EFCT), Integrative Behavioral Couples Therapy (IBCT), Cognitive Behavioral Conjoint Therapy (CBCT) for PTSD.

Group Therapy Experiences: Trainees can lead or co-lead any of the following groups, based on their interest and schedules.

- **Secure Foundations: Couples Growing Together (Couples Graduate Group):** Secure Foundations is a part-process, part-psychoeducation group therapy for couples who are no longer in acute distress but desire to continue improving their relationship. Supervisees will co-facilitate with Dr. Ganz to help couples build a deeper understanding of one another, improve communication skills, and give/receive support from other couples. Secure Foundations occurs Tuesdays 4:30pm-6pm.
- **Family Support Group (SAFE):** This is an open-ended group for family members and caregivers of Veterans who are looking for support, education, resources, and coping. The group is led by two trainees and meets on Mondays from 5-6:30pm. Dr. Ganz will provide an additional 30-minutes of group supervision to support trainees who lead this group.
- **Psychodynamic Process Group:** This is a Yalom-style process group for individual veterans with the focus on improving interpersonal functioning through increased contact with self. With Dr. Ganz, one trainee will have an opportunity to co-lead this group, which occurs Wednesdays from 2-3:30pm.

Family Education, Treatment, and Community Outreach:

- **Scream-Free Parenting:** Scream-Free is a psycho-educational workshop for parents that emphasizes emotional self-regulation, healthy boundaries, and parenting contingencies that foster individual responsibility. This class, led by Dr. Ganz, occurs on two successive Wednesday evenings, from 5-8pm, every other month. All trainees in the rotation are recommended to participate in at least one iteration of the class. Schedules will be accommodated.
- **Family Caregiver Program:** Trainees will have an opportunity to triage, diagnose, coordinate care, and individually treat family caregivers of veterans with mental health conditions.

2. Geropsychology - Community Living Center (CLC) & Geriatric Evaluation and Management (GEM)

Primary Supervisor: Lauren Dill, Ph.D. (We are currently in the process of hiring an additional psychologist in the CLC, who will be an additional supervisor for the 2020-2021 training year).

Program: The CLC & GEM rotation offers training in the core competencies of Geropsychology in a skilled nursing and rehabilitation setting as well as in an interdisciplinary outpatient specialty/primary care clinic. The Geropsychology rotation provides pre-interns with experiences to develop the knowledge, skill competencies, and attitude necessary for professional Geropsychology practice. Our training program is designed to be consistent with the Pikes Peak Model for Training in Professional Geropsychology (Knight, Karel, Hinrichsen, Qualls, Duffy, 2009) and emphasizes supervised clinical experiences that are tailored

to pre-interns degree of prior training, experience, and competence in key Geropsychology domains. Training focuses on (1) helping pre-interns to appreciate the diversity of experience of older adults; (2) the biopsychosocial and lifespan developmental perspectives necessary for understanding older adult clients; (3) the complex ethical dilemmas that can arise in geriatric care; (4) the importance of interdisciplinary collaboration; and (5) the utilization of evidence-based practices in Geropsychology practice.

The CLC offers skilled nursing care, inpatient rehabilitation services, and hospice care in an 85-bed facility. Veterans receiving care in the CLC range in age from 25 to 90+ and frequently have complex, co-morbid medical, psychiatric, cognitive, substance use, and social problems. Common reasons for admission to CLC include wound care, infections requiring IV antibiotics, amputation, post-surgical recovery, cancer treatment, deconditioning, and respite care.

The GEM clinic is a specialty outpatient clinic for older Veterans with complex needs, often including cognitive impairment, multiple chronic medical conditions, polypharmacy, and complex psychosocial needs. Patients referred to GEM by their primary care provider benefit from a small interdisciplinary team approach to thorough diagnostic evaluation and treatment recommendations.

Psychology Training Provided: The Geropsychology pre-intern serves as a primary mental health consultant to the CLC and GEM clinic and provides integrated mental health services in these programs.

Skills of focus include:

- Interdisciplinary team consultation and collaboration
- Brief/problem focused and comprehensive psychological, cognitive, behavioral, and functional assessment
- Neuropsychological assessment in older adults including differential diagnosis (e.g., delirium, dementia, depression)
- Evaluations of decision-making capacity (e.g., can the veteran make medical decisions, manage finances, live alone)
- Adapting psychotherapy interventions for older adults
- Providing psychological services to patients and families at the end of life
- Consultation within complex systems (e.g., families, health care teams, community service networks)
- Providing nursing staff education and support

EBP Opportunities: ACT, CBT, MI, CPT, DBT skills, and behavioral interventions in dementia care.

3. Health and Wellness

Primary Supervisor: Andrea Scott, PhD, BCB

Program: Dr. Scott primarily works as a health psychologist in a variety of specialty areas including Tobacco Cessation, MOVE! (weight management program), CBT-I (Cognitive Behavioral Therapy for Insomnia), Tinnitus Management, and mental health readiness evaluations for bariatric surgery.

Tobacco Cessation Program: Smoking is one of the leading causes of preventable deaths in the United States. The program at Long Beach VA begins with an 8-week series (**Tobacco Cessation Group**) co-lead by psychology and pharmacy. Veterans learn about important lifestyle changes as well as receive NRT (nicotine replacement therapy). This program includes CVT (clinical video telehealth) to our neighboring CBOCs (community based outpatient clinics). Following the 8-week series Veterans can attend the monthly graduate group (**Tobacco Relapse Prevention Group**) for ongoing support to stay quit.

MOVE! Weight Management Program: MOVE! is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention. As part of the interdisciplinary team (Nutrition, Occupational Therapy, Kinesiotherapy and Psychology) the health psychologist teaches

“Lifestyle Change” in the 7-week curriculum. This program also includes CVT (clinical video telehealth) to our neighboring CBOCs (community based outpatient clinics). Veterans being considered for Bariatric Surgery are required to complete a multiphase evaluation process for candidacy including psychological evaluation (clinical interview and psychodiagnostic testing). Results are reported to the Bariatric Surgery Team for approval, delay or denial of surgery.

CBT-I (Cognitive Behavioral Therapy for Insomnia): CBT-I is a short-term EBP designed to help patients improve the quality and quantity of their sleep. This protocol focuses on sleep assessment, sleep efficiency, stimulus control, sleep consolidation, sleep guidelines, relaxation training and cognitive restructuring. It can be delivered as either group or individual treatment.

Tinnitus Management: Tinnitus Management Group is a 4-week group co-led by Audiology and Psychology. Veterans learn to cope with symptoms through a combination of sound therapy, relaxation training, behavioral activation and cognitive restructuring.

Psychology Training Provided: Pre-interns will gain experience working as a health-focused provider within a biopsychosocial-spiritual model of care. The pre-intern will be exposed to preventive medicine, group and 1:1 interventions, mental health readiness evaluations and specialty support groups. Common therapeutic issues include motivation, treatment compliance, goal setting, autonomic dysregulation, addiction, anxiety, mindfulness and sleep education. Pre-interns will gain diverse interdisciplinary experiences.

EBP opportunities: CBT-I

Assessment opportunities: Mental health readiness evaluations for bariatric surgery (AUDIT-C, DAST-20, QEWP-R, MHLC, MBMD, MoCA, BDI-II, PCL-5)

4. Outpatient Mental Health – Behavioral Health Interdisciplinary Program (BHIP)

Primary Supervisors: Nicholas Brown, Ph.D., Anna Consla, Ph.D., Arezou Costello, Ph.D., & Vanessa Hurwitz, Ph.D.

Adjunct Supervisor: Jamie Yadavaia, Ph.D.

Program: This rotation offers experience providing outpatient individual and group psychotherapy for Veterans presenting with a wide range of problems including PTSD, Anxiety Disorders, Mood Disorders, Adjustment Disorders, interpersonal and relational difficulties, pervasive emotion dysregulation, substance abuse, cognitive impairments, gender dysphoria and gender transition issues, and co-morbid medical complications. Patients are referred to this rotation by psychiatrists and nurse practitioners from the BHIP mental health teams, Primary Care-Mental Health Integration program, and the Mental Health Treatment Center. Clinically, this rotation highlights the use of well-formulated CBT case conceptualizations to guide treatment and clinical decision making. Given the wide range of presenting concerns, training will emphasize a balance between adherence to evidence-based treatment protocols and the flexible use of evidence-based techniques and case conceptualizations to tailor treatment based on individual differences. Trainees will also develop skills in proactively seeking interdisciplinary consultation within BHIP teams and with providers in other services.

Psychology Training Provided: Trainees on this rotation can select Dr. Brown, Dr. Costello, or Dr. Hurwitz depending on her or his "goodness of fit" and the specific interests of the supervisors and trainees. Supervision will be individual as well as a weekly group case consultation meeting. Please note that the case consultation meeting encourages conceptualization skills as well as eliciting and providing targeted and concise consultation in a busy hospital setting. Trainees will also participate in the BHIP triage clinic where they will hone in on brief assessment and triage skills within BHIP services.

EBP Opportunities: Cognitive Processing Therapy (CPT) for PTSD, Prolonged Exposure (PE) for PTSD, individual therapy informed by Dialectical Behavior Therapy (DBT) for BPD, Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for chronic depression, Acceptance and Commitment Therapy (ACT),

Exposure and Response Prevention Therapy (ERP), and Motivational Interviewing (MI). Group treatments include CBT for Depression and Anxiety, Unified Protocol for Emotional Disorders, Trauma Skills, Anger Management, Mindfulness and ACT, and Managing Emotions (informed by DBT Skills).

Assessment Opportunities: Primarily trainees will conduct brief assessments of presenting problems utilizing the Depression, Anxiety, and Stress Scales (DASS-21), Alcohol Use Disorders Identification Test (AUDIT-10), PTSD Checklist for DSM-5 (PCL-5), and the McLean Screening Instrument for BPD (MSI-BPD) for the purpose of triaging therapy needs and developing initial treatment plans. In addition, trainees are encouraged to use paper-and-pencil symptom measures to track treatment outcome. Occasional opportunities for personality assessment and/or cognitive screens utilizing MMPI, PAI, RBANS, and MoCA are available.

5. Outpatient Mental Health – Santa Ana Community Based Outpatient Clinic (CBOC)

Primary Supervisors: Juliet Hung, Ph.D., A.B.P.P. & Caroline Prouvost, Ph.D.

Adjunct Supervisors: Leigh Messinides, Ph.D. & Tara Nyasio, Psy.D

Program: The Santa Ana CBOC is 16 miles east of VA Long Beach, which is about a 30-minute drive. The clinic serves a diverse population of Veterans and trainees will be exposed to a variety of presenting problems including depression, anxiety, PTSD, chronic pain, acute and chronic medical conditions, relationship difficulties, and anger management. Drs. Hung, Messinides, Nyasio, and Prouvost are the clinical staff psychologists stationed there. While Drs. Hung and Prouvost will serve as the primary supervisors, there may be opportunities to consult with and co-lead groups with Drs. Messinides and Nyasio.

Psychology Training Provided: Trainees can select to work with either Drs. Hung or Prouvost as their primary supervisor for this rotation. Dr. Hung has completed VA requirements for training in the following: DBT, CBT I, CBT – Depression (individual & group); CPT (individual and group), and PE. She is currently a VA national trainer/consultant for CBT Depression (individual and blended group model group). She also has a long-standing interest in psychodynamic psychotherapy and assessment and psychological testing in characterological disorders. Dr. Hung facilitates several EBP groups (i.e., CBT I, CPT, CPAP, CBT Depression) that are open for trainees to participate as well as a process-oriented psychotherapy group. Dr. Prouvost is the newest member of the Santa Ana CBOC Mental Health treatment team. Her primary theoretical orientation is Cognitive Behavioral Therapy, but has had intensive training in mindfulness based approaches (Mindfulness Based Stress Reduction and Mindful Self-Compassion). Dr. Prouvost facilitates a Mindful Self-Compassion and Chronic Pain Management class which are open for trainee participation.

Drs. Nyasio and Messinides will serve as adjunct supervisors for trainees on this rotation. Dr. Nyasio's primary treatment theoretical orientation is Cognitive Behavioral Therapy. She has completed VA Requirements for training in CPT and PE for PTSD. Dr. Nyasio anticipates facilitating several groups during the upcoming internship year (CPT, non-Combat PTSD, Seeking Safety, Panic Disorder) all of which are open for trainee participation. Dr. Messinides has a long-standing interest in the integration of psychotherapy orientations, and currently is adapting past training in both CBT and psychodynamic psychotherapy to incorporate mindfulness based approaches, constructivism theory, and attachment theory. She runs a process-oriented psychotherapy group and a Mantram Repetition class. Dr. Messinides is also the Local Evidence-Based Psychotherapy Coordinator, part of a national initiative in VA to provide advanced training in selected psychotherapies to VA staff.

Because of the nature of the CBOC, trainees can expect to treat a wide variety of presenting problems and obtain a solid foundation of outpatient psychotherapy experience. Trainees on this rotation will have the opportunity to provide individual and group psychotherapy in an outpatient setting. Trainees can be expected to carry a caseload of individual therapy clients, assist in running time-limited therapy groups or process oriented groups, and participate in outreach efforts to the community. Depending on the clinical interest of the trainee, there may also be limited opportunities for long-term therapy, psychological testing, crisis intervention, and primary care consultation as well as opportunities for CAM (e.g., mantram repetition) and interact with the Veteran's court and/or VASH program staff. The clinic offers the

opportunity to be part of an interdisciplinary team of psychologists, social workers, nurses, primary care physicians, and an addiction therapist as well as opportunities to interact with other medical services (e.g., optometry, audiology, pharmacy) housed at the clinic.

EBP opportunities: The staff psychologists are trained in CBT-D, CBT-I, Seeking Safety, PE, DBT, and CPT.

Assessment opportunities (with Dr. Hung): PAI, MMPI-2, MCMI-IV, CAPS, PDD (Asperger's), personality assessment, SCID, TAT, Rorschach, etc.

6. Outpatient Mental Health – Santa Fe Springs Community Based Outpatient Clinic (CBOC)

Primary Supervisors: Amy Potts, Ph.D., Shaquita Tillman, Psy.D., & Elizabeth Welsh, Ph.D., BCB.

Program: The Santa Fe Springs CBOC is located 14 miles north of VA Long Beach (via the 605 freeway), which is about a 25-30 minute drive. The psychology service at the CBOC functions as a general outpatient center with both group and individual psychotherapy training options available, serving Veterans with a wide variety of presenting problems and diagnoses. Unique training opportunities available at the CBOC include gaining experience assessing and triaging to care at the CBOC vs. the main hospital, depending on the level of patient severity and treatment needs. The psychologists at the Santa Fe Springs CBOC offer a variety of treatment options, including evidence-based psychotherapies on both a group and individual outpatient basis.

Psychology Training Provided: On this rotation, training is heavily influenced by supervisee's training needs and interests. Because of the nature of a CBOC, trainees can expect to treat a wide array of presenting problems and diagnoses, thereby gaining a solid foundation in outpatient psychotherapy. Trainees will have the opportunity to provide both group and individual psychotherapy and gain ample experience in intake assessment. Unique training opportunities available at the CBOC include gaining experience assessing and triaging to care at the CBOC vs. the main hospital, depending on the level of patient severity and treatment needs, and interacting with an interdisciplinary team. Trainees will also gain experience in EBPs, including Cognitive Behavioral Therapy, Prolonged Exposure, Cognitive Processing Therapy, and Dialectical Behavioral Therapy. There will also be individual and group training opportunities available in behavioral medicine-focused interventions such as Cognitive Behavioral Therapy for Insomnia (CBT-I), chronic pain management, biofeedback, and issues surrounding medication compliance. Other group psychotherapy training opportunities available to trainees who would like to co-facilitate groups are: Group CPT, STAIR (for populations who have experienced trauma, with prominent emotion dysregulation), Anger Management, CBT for Anxiety & Depression, Trauma Recovery Skills, and Seeking Safety Group, among others. The clinic offers the opportunity to be part of a multidisciplinary team that includes psychologists, psychiatrists, social workers, nurses, and primary care physicians.

EBP opportunities: Cognitive Behavioral Therapy (CBT), Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Dialectical Behavior Therapy (DBT), Skills Training in Affective and Interpersonal Regulation (STAIR), Stress Inoculation Training (SIT), and Seeking Safety.

Assessment opportunities: PAI, MMPI-2, CAPS, MoCA, PCL-5, BDI-II, BAI, BPD assessments (DERS, MSI-BPD, BSL-23)

7. Primary Care-Mental Health Integration (PC-MHI)

Primary Supervisors: Lara Barbir, Ph.D., Sara Gonzalez-Rivas, Ph.D., Stacy Hardin, Ph.D., & Corina Lopez, Ph.D.

Program: The mission of Primary Care-Mental Health Integration (PC-MHI) is to detect and address a broad spectrum of behavioral health needs among primary care patients, with the objective of early identification, short-term treatment of identified problems, prevention, and healthy lifestyle support. A central goal is to support the primary care provider in identifying and treating patients with mental health diagnoses and/or need for behavioral interventions. This approach involves providing services to primary

care patients in a collaborative framework with primary care team providers and staff. The aim is to address problems within the primary care service context; as such, the behavioral health provider is a key member of the primary care team. Behavioral health visits are brief (generally 20-40 minutes), limited in number (1-6 visits with an average of between 2 and 3 per VSSC dashboard), and are provided in the primary care practice area. Visits are structured so that the patient views meeting with the behavioral health provider as a routine primary care service. This model of co-located, collaborative care with embedded behavioral health providers in primary care clinics represents a main entry point in the continuum of care which should include “a range of effective delivery methods that are convenient to Veterans and their families” (VA Strategic Plan, 2010, p. 33).

Psychology Training Provided: The PC-MHI rotation is an interprofessional outpatient mental health service embedded within Primary Care. A primary function of this rotation is to provide pre-interns with experience and training in providing patient-centered care while working collaboratively with providers from other professions (e.g. psychiatrists, physicians, social workers, nurses and nurse practitioners). PC-MHI patient referrals are based upon patient request, primary care provider recommendation, and/or cutoff scores on the VA primary care measures of depression, anxiety, and PTSD. Psychology trainees will have the opportunity to provide same-day access to initial PC-MHI assessments via warm-handoffs from primary care teams. Upon initial referral, patients meet with a co-located mental health provider and complete a brief clinical interview and self-report measures. Based on their level of impairment and interests in treatment, patients may be offered a medication consultation with a PC-MHI psychiatrist, group psychotherapy, and/or brief individual evidence-based psychotherapy with a PC-MHI psychologist or social worker. Within this program, pre-interns will be trained in a wide range of clinical activities, including brief evidence-based psychotherapy, triage, consultation, and coordination of treatment within a multidisciplinary team of primary care and mental health providers. Treatment modalities commonly used include psychoeducation, behavioral activation, motivational interviewing, relapse prevention, mindfulness-based interventions, cognitive behavioral therapy, health coaching, and relaxation training. Patients with more severe psychopathology (e.g., bipolar disorder, personality disorders, and psychotic symptoms) and/or impairment are referred directly to more intensive interventions in the mental health department on a case-by-case basis. After completing the PC-MHI rotation, pre-interns will be able to:

- Develop/complete brief evidence-based assessment and treatment plans for patients within Primary Care
- Provide brief evidence-based interventions for a variety of mental health concerns, including depression, anxiety, anger management, stress management, grief, sleep disturbances, mild substance abuse and PTSD.
- Assist with developing ongoing mental health treatment plan and triage to appropriate mental health services as needed.
- Provide consultation to providers within the Primary Care and PC-MHI programs including communication of assessment findings and collaborative treatment planning.

The following groups/workshops **based on EBPs** are available for trainees in the PC-MHI rotation:

- CBT for Depression group
- CBT-Insomnia group
- Grief Support group
- Mindful Living with Chronic Illness group
- Motivational Interviewing workshop for primary care providers
- Relaxation/Meditation drop-in group
- Sleep Class
- Stress Management Group
- TEACH Health workshop for providers

8. Program for Traumatic Stress (Combat PTSD)

Primary Supervisors: Shelly Crosby, Psy.D., Nathaniel Hawkins, Ph.D., John Huang, Ph.D., Marissa Krimsky, Ph.D., & Jessica Naughton, Ph.D.

Program: The Combat PTSD Program is an outpatient clinic serving Veterans with a primary diagnosis of combat-related PTSD. Our mission is to promote recovery from Posttraumatic Stress Disorder. Recovery does not mean forgetting past traumas, it means keeping the memories, but no longer suffering from them. Recovery means that the Veteran accepts and acknowledges the reality of past events, accepts all the feelings evoked by the past, and makes a commitment to a present-day focus and to improving the quality of his/her life.

The Combat PTSD Program consists of an interdisciplinary team including psychologists, psychiatrists, social workers, nurses, and support staff. The program places emphasis on evidence-based approaches, while offering flexibility and meeting each Veteran's unique needs with a phase-based approach. Following intake evaluation and admission to the program, Veterans may participate in a variety of treatment approaches including psychopharmacology, trauma-focused therapy (individual and group formats), supportive group therapy, introductory/coping skills groups, relaxation and stress management groups, and additional adjunctive therapy options. The Combat PTSD Program follows a "whole health" model, with a goal of treating the body and mind following traumatic events. The majority of clients are male Veterans from either Vietnam era or post 9/11 (e.g. OEF/OIF/OND). While Veterans admitted to the program have a primary diagnosis of PTSD, many present with a variety of comorbid conditions (e.g. depression, alcohol/substance abuse, history of childhood trauma, etc.)

Psychology Training Provided: Trainees working within the Combat PTSD Program provide individual and group psychotherapy Veterans with combat-related PTSD. We offer a variety of evidence-based treatments including Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Acceptance and Commitment Therapy (ACT), Cognitive-Behavioral Conjoint Therapy (CBCT-PTSD), Seeking Safety, and Cognitive Behavioral Therapy for Insomnia (CBT-i). Trainees typically carry a caseload of 3-5 individual clients and co-lead 1-3 groups.

Trauma-focused EBPs are offered by all supervisors; however, some training opportunities will vary based on primary supervisor, training interest, and interest of Veterans. At the beginning of the training year, primary supervisors are assigned with consideration for supervisor availability, trainee preference, and training needs/goals.

Training Opportunities may include:

- Cognitive Processing Therapy (CPT)
- Prolonged Exposure (PE)
- Acceptance and Commitment Therapy (ACT)
- Cognitive-Behavioral Conjoint Therapy (CBCT-PTSD)
- Seeking Safety for PTSD/SUD
- PTSD/SUD treatment at VVRC (off-site SUD treatment center)
- PTSD Coping Skills
- CBT Skills for PTSD and Depression
- Mindfulness
- Adaptive Disclosure/Moral Injury
- Women's Combat PTSD Group
- Cognitive Behavioral Therapy for Insomnia (CBT-i)
- Combat PTSD Program intake evaluations
- Interdisciplinary team consultation
- Processing Seminar and Case Conference for PTSD Providers

EBP Opportunities: Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Acceptance and Commitment Therapy (ACT), Cognitive-Behavioral Conjoint Therapy (CBCT-PTSD), Seeking Safety, and Cognitive Behavioral Therapy for Insomnia (CBT-i).

Assessment Opportunities: None

9. Spinal Cord Injury/Dysfunction (SCI/D)

Primary Supervisors: Sarah Brindle, Ph.D., David Kerner, Ph.D., Melissa Matos, Ph.D., Linda Mona, Ph.D. & Stacy Reger, Ph.D.

Program: The Spinal Cord Injury/Disorder (SCI/D) Health Care Group is the largest SCI center in the United States. It is a thriving program, with some of the greatest resources in the entire hospital. Patients in this setting present a broad spectrum of SCI/Ds, from the newly injured individual facing a catastrophic life change, to the individual injured many years ago who is now coping with decreased functional ability as a result of the aging process. Five staff psychologists, along with interns, pre-interns, and postdoctoral fellows, provide mental health and behavioral health services to Veterans with SCI/Ds on an inpatient and outpatient basis. The inpatient population includes three SCI/D hospital wards, and one 12-resident long-term care facility that provides SCI/D-specific care.

SCI/Ds can result from traumatic injury such as gunshot wound or motor vehicle accident, or from a variety of non-traumatic causes such as multiple sclerosis. Persons with SCI/Ds are classified as either tetraplegic or paraplegic. The tetraplegic (quadriplegic) individual has experienced a traumatic injury or impairment in one or more cervical segments of his or her spinal cord, resulting in sensory and motor loss in the arms, hands, as well as in all areas below the damaged level. Paraplegics have damaged or diseased spinal cords in the thoracic, lumbar, or sacral segments, causing loss of sensory and motor function (paralysis) at the point of injury and below.

SCI/D rehabilitation and treatment demands a broad interdisciplinary approach, both for acute rehabilitation and for ongoing care. The psychologists and pre-interns work within closely-knit teams that include physicians, pharmacists, social workers, rehabilitation therapists, case managers, dietitians, respiratory therapists, psychiatrists, and especially the nursing staffs of the three SCI units. Psychology staff assesses each patient and provide interventions that address a wide variety of adjustment, mental health, and health behavior concerns. Dr. Kerner works with the acute rehab team, but he is not licensed in California. Hence, he has been a perennially favorite supervisor among pre-interns. Drs. Brindle, Mona, and Reger are all California licensed and work with Pre-interns, Interns, and Postdoctoral Fellows. Frequently-seen problems include adjustment to disability; depression and anxiety; pain; and compliance/adherence concerns. Intervention approaches include individual counseling, education, and psychotherapy, sex therapy, relaxation training, pain management, social skills training, patient education, couples therapy, and psychosocial support for the injured person's family and other social support systems. There is a small neuropsychological testing service housed within SCI/D and trainees have the opportunity for cognitive testing and report writing during this rotation, depending on the availability of referrals. In addition, close consultation with the SCI/D team forms a central part of the psychologist's role.

Psychology Training Provided: Interns obtain experience in observing, evaluating, and facilitating the adjustment of individuals following a disabling injury. The pre-intern learns to promote coping strategies and assist reintegration into meaningful life activities and roles. Interns gain valuable experience working within interdisciplinary medical teams and also within a consultation-liaison framework. It is expected that the pre-intern will fulfill the behavioral health needs of the unit through assessment, consultation, treatment, and the use of appropriate referrals. Longer-term outpatient work is also available, as are opportunities for staff in-service training. The concepts and strategies learned are not unique to the treatment of SCI/D patients, but can be generalized to other medical populations. It is not expected or necessary for trainees to have specific interest in SCI/D per se. Because many job openings for psychologists now require some background working with physicians and medical teams, this rotation is especially useful for interns seeking to enhance their marketability in that area.

Assessment Opportunities: Flexible-battery neuropsychological testing for a variety of referral questions, including establishing cognitive baseline in aging, diagnostic clarification in cognitive decline, questions of capacity for medical decision-making/independent living, and clarifying strengths and weaknesses to inform treatment planning. Patients are mostly (but not all) older adults, and presenting problems/common diagnoses can include Multiple Sclerosis, Vascular Dementia, Traumatic Brain Injury, psychiatric diagnoses, and cognitive decline related to multiple etiologies. Tests administered are

determined on an individual basis, depending on the question and factors unique to the patient (e.g., limited use of hands due to SCI), but include measures of a variety of domains.

Assessment opportunities outside the neuropsych clinic in SCI include a structured clinical interview in Annual Evaluation clinic, as well as outcome measures (e.g., Satisfaction with Life Scale) in acute rehab (CARF).

EBP Opportunities: CBT

Group Opportunities: Several opportunities to co-facilitate groups are available and trainees can participate in groups even if they not facilitated by their primary supervisor. ROLLS new injury group for acute rehabilitation patients, Spirituality group, and yoga/meditation group are all facilitated by Dr. Brindle. The Women with Disabilities group is facilitated by Dr. Mona. The Multiple Sclerosis support group is facilitated by Dr. Reger.

10. Women's Mental Health Clinic (WMHC) & Trauma

Primary Supervisors: Linda R. Baggett, Ph.D., Gretchen L. Sholty, Ph.D., & Camila R. Williams, Ph.D.

Program: Founded in January 2005 through a VA Special Needs Grant, the Women's Mental Health Clinic (WMHC) serves women Veterans by providing outpatient gender-specific and sensitive services. The WMHC is unique in that 1) it is one of only a few dedicated women's mental health centers in the VA nationally, and, 2) it affords the opportunity for training as both a generalist and a specialist (trauma). Our treatment philosophy follows a holistic and evidence-based approach, which influences our conceptualization of patients as well as the types of interventions that we use. The WMHC utilizes the evidence-based phase-based model for treatment with the first phase focused on acquisition and mastery of coping skills, psychoeducation, and stabilization, the second phase is an intensive EBP, and the third phase is recovery oriented and assists patients with pursuing values-aligned living after symptom improvement. The WMHC is comprised of three psychologists, a licensed marriage and family therapist, a certified yoga therapist/mindfulness instructor, and a licensed clinical social worker. Though not formally staff of the WMHC, occupational therapist Dr. Allie Ross and peer support specialist Terry Williams work closely with WMHC staff to provide treatment and consultation. The team also regularly consults with psychiatry, primary care, and other specialty care staff outside the WMHC when appropriate in the service of patient-centered care.

The Women's Mental Health Clinic provides individual and group psychotherapy to women Veterans who present with a wide range of presenting problems. We offer a variety of evidence-based treatments such as Cognitive Behavioral Therapy, Prolonged Exposure, Cognitive Processing Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, Interpersonal Therapy for Depression, Seeking Safety, Skills Training in Affective and Interpersonal Regulation (STAIR), and sex therapy among others. Please note, interns are not able to participate in the formal DBT program, but can participate in a DBT skills group within our clinic or do DBT-informed therapy.

We also offer a variety of outpatient groups exclusively for women that change depending on current staff and interest level of the women Veterans. Some of the groups we have offered are the following:

- Trauma Skills Group (psychoeducation, distress tolerance skills, shared decision making)
- Mood Group (behavioral activation and additional CBT)
- CBT for Depression
- MeCovery (recovery oriented phase III group targeting values-aligned living and self-esteem/compassion)
- Women's Combat Support Group
- Dialectical Behavioral Therapy Skills Group
- Relationship Skills (beginner and advanced)
- Food for Thought (developing a healthy relationship with food/body, not a weight loss group)
- Intimacy Recovery

- Seeking Safety (PTSD and Substance Use Disorders)
- Coping Skills Practice groups (led by yoga therapist)
- Women's Support in Recovery group led by Peer Support Specialist
- Wellness and Recovery (recovery oriented group for women with SMI/psychosis)
- Mantram Repetition
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Imagery Rescripting and Exposure Therapy for nightmares (iRET)
- Anger Management (CBT-A)

Psychology Training Provided: On this rotation, training is heavily influenced by the pre-intern's training needs and interest and a strength of our program is that interns will get both generalist training, as well as specialty training in trauma treatment and gender-specific care. Interns will typically participate in 1-2 groups and carry a caseload of 3-4 individuals with a variety of presenting problems, including but not limited to Posttraumatic Stress Disorder, Depression, Panic Disorder, personality disorders, couples therapy, LGBT/sexuality/gender concerns, and relationship problems. Most of the patients on this rotation have a complex trauma history, often including childhood physical, emotional, and/or sexual abuse, and a large number of our referrals for therapy are for PTSD related to Military Sexual Trauma (MST). Depending on the case, interns may engage in crisis intervention, short-term focused psychotherapy, or longer-term psychotherapy. In addition to clinical work, the training rotation includes attendance at individual and group supervision/didactics (Monday 2-3pm), which are a combination of case presentations, didactic presentations, and journal club. Staff meeting is held on Mondays at 9am in which trainees may attend, but not required. Supervisors are flexible to coordinate with trainees' schedule and their other rotations.

EBP opportunities provided by all supervisors combined: Cognitive Behavioral Therapy (CBT), Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Dialectical Behavior Therapy (DBT) interventions (not full program DBT training), Interpersonal Therapy for Depression (IPT), Acceptance and Commitment Therapy (ACT), Skills Training in Affective and Interpersonal Regulation (STAIR), Seeking Safety, Sex Therapy.

Assessment opportunities: Assessment battery for assessing borderline personality disorder via screen for DBT program, sexual health assessment, symptom measures, and some outcome assessment.

Requirements for Completion of Pre-Internship

Before pre-interns start the program, their prior training experiences are carefully reviewed to identify areas of strength and needed growth. This process facilitates the development of an individualized training program to meet the specific training needs of each pre-intern. Pre-interns are encouraged to expand their areas of clinical competence by using new treatment techniques from various theoretical orientations, and perhaps working with new patient populations.

It is expected that upon completion of the program, all pre-interns will demonstrate competence as defined by the APA Standards of Accreditation for Health Service Psychology. Pre-interns are evaluated by primary supervisors at four points throughout the year, mid-evaluations at 3-month and 9-month intervals and full evaluations at 6-month and 12-month intervals. The 3-month and 9-month evaluations will involve numerical ratings of the items included in the pre-intern's doctoral program's specified evaluation form, identifying trainee strengths and growth edges, as well as a discussion of the rotation training experiences. The 6-month and 12-month evaluations will involve both numerical ratings and narrative comments of the items included in the doctoral program's specified evaluation form.

Pre-interns are encouraged to let their supervisors know at the beginning of the training year if additional forms are required by their doctoral program (e.g., Time2Track verification of hours, training agreements, etc.)

Facility and Training Resources

Trainees are provided with office space and secure networked computers necessary for patient care and administrative responsibilities. They have access to the VA Medical Library services such as entire text databases like Ovid, as well as VA Intranet and Internet resources for clinical work and research. Within the Psychology Department there is a comprehensive Psychology Assessment Office, which includes a wide variety of psychological assessment instruments and test scoring programs.

Administrative Policies and Procedures

Nondiscrimination Policy and Respect for Diversity: VA Long Beach Healthcare System highly values cultural and individual diversity. We are an equal opportunity employer, and prohibit discrimination based on race, religion, gender, gender identity, national origin, age, disability, sexual orientation, or status as a parent. We avoid any actions that would restrict program completion on grounds that are not relevant to success in training. In addition, we aim to foster a training environment that supports trainees in gaining greater competence in issues of diversity as they relate to patient care.

Reasonable Accommodations: It is the policy of VA to provide reasonable accommodations to qualified applicants and employees with disabilities in compliance with the Americans with Disabilities Act (ADA).

Liability Protection for Trainees: When providing professional services at a VA healthcare facility, VA-sponsored trainees acting within the scope of their educational programs are protected from personal liability under the Federal Employees Liability Reform and Tort Compensation Act 28, U.S.C.2679 (b)-(d).

Due Process: All trainees are afforded the right to due process in matters of insufficient competence and/or problematic behavior as well as grievances. Our due process document is distributed to every pre-intern during orientation and reviewed with them subsequently. A copy of our pre-internship due process procedures document 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 pre-interns to disclose personal information to their clinical supervisors except in cases where personal issues may be adversely affecting a pre-intern's performance and such information is necessary to address these difficulties.

Current and Former Pre-interns

Class of 2019-2020

| | |
|--------------------------|-------------------------------|
| Christina Cress | Rosemead School of Psychology |
| Sheriece Hooks | Pepperdine University |
| Ryan Lubock | Pepperdine University |
| Jessica Poulsen | Fuller School of Psychology |
| Hannah Rasmussen | USC |
| Jade Suyematsu | Pepperdine University |
| Alexandra (Alex) Venegas | UCLA |

Class of 2018-2019

| | |
|------------------------|-------------------------------|
| Angela Dupont | Fuller School of Psychology |
| Mercy Huang | Fuller School of Psychology |
| Pamela "Mandy" Hughes | Rosemead School of Psychology |
| Kinnari "Nina" Jhaveri | USC |
| Mona Khaled | USC |
| Grace Kim | Rosemead School of Psychology |
| Brenna Moore | Pepperdine University |
| Jonathan Parker | Pepperdine University |

Updated October 7, 2019

Hannah Rasmussen

USC

Class of 2017-2018

Melabi Amponsah
Morgan Bartholomew
Helene Diamond
Nicholle Johnston
Susannah Kondrath
Jefferson Pou
Erin Santos
Alexandra Tanner

Rosemead School of Psychology
UCLA
Pepperdine University
Rosemead School of Psychology
Fuller School of Psychology
Rosemead School of Psychology
Pepperdine University
UCLA

Class of 2016-2017

Meredith Blackburn
Jason Cencirulo
Gregory Foley
Tara Guarino Fairbanks
Lilian Medina Del Rio
Kelly Miller
Ariel Reid
Jon Rugg
Christopher Schadt
Rachel Weller

Fuller School of Psychology
Pepperdine University
Fuller School of Psychology
Fuller School of Psychology
Rosemead School of Psychology
USC
Fuller School of Psychology
Rosemead School of Psychology
Rosemead School of Psychology
Pepperdine University

Class of 2015-2016

Tyonna Adams
Meredith Blackburn
Kristen Eliason
William Orme
David Pyo
Mario Souza

Pepperdine University
Fuller School of Psychology
Rosemead School of Psychology
Rosemead School of Psychology
Fuller School of Psychology
Pepperdine University

Class of 2014-2015

Sean Agopian
Anthea Gray
Ahoo Karimian
Vance Kunze
Deniz Mustafaglou
Nina Tilka

Pepperdine University
Pepperdine University
Pepperdine University
Rosemead School of Psychology
Pepperdine University
Rosemead School of Psychology

Class of 2013-2014

Rachael Green
Phil Nelson
JB Robinson
Elizabeth Romero
Quyên Sklar
Via Strong

Fuller School of Psychology
Rosemead School of Psychology
Fuller School of Psychology
Pepperdine University
Rosemead School of Psychology
Pepperdine University

Class of 2012-2013

Alyssa Aguilar
Alison Conway
Kenneth Davis
Carey Incledon
Adrienne Meier

Rosemead School of Psychology
Pepperdine University
Rosemead School of Psychology
Pepperdine University
Fuller School of Psychology

Class of 2011-2012

| | |
|-------------------|-------------------------------|
| Justin Baker | Rosemead School of Psychology |
| Kelsy Clark | Rosemead School of Psychology |
| Megan Gomez | Fuller School of Psychology |
| Thomas Hanson | Pepperdine University |
| Christopher Ogle | Pepperdine University |
| Kristopher Thomas | Fuller School of Psychology |

Class of 2010-2011

| | |
|------------------|-------------------------------|
| Timothy Arentsen | Fuller School of Psychology |
| Lisa Finlay | Fuller School of Psychology |
| Daniel Kim | Rosemead School of Psychology |
| Samuel Park | Rosemead School of Psychology |
| Francesca Parker | Pepperdine University |
| Kimberly Smith | Pepperdine University |

Class of 2009-2010

| | |
|-------------------|-------------------------------|
| Kathryn Harrell | Fuller School of Psychology |
| Caroline Kelly | Pepperdine University |
| Kerri Schutz | Pepperdine University |
| Jennifer Thiessen | Rosemead School of Psychology |
| Amy Verbonich | Rosemead School of Psychology |
| Elizabeth Welsh | Fuller School of Psychology |

Class of 2008-2009

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|---------------|-------------------------------|
| Daniel Combs | Rosemead School of Psychology |
| Lauren Lopez | Fuller School of Psychology |
| Lauren Lovato | Pepperdine University |
| Sarah Reiner | Rosemead School of Psychology |
| Hana Shin | Fuller School of Psychology |
| Karen Torres | Pepperdine University |

Class of 2007-2008

| | |
|-----------------|-------------------------------|
| Katy Jakle | Pepperdine University |
| Jeanette Lantz | Fuller School of Psychology |
| Grace Lee | Fuller School of Psychology |
| Robert Pate | Rosemead School of Psychology |
| Rogelio Serrano | Pepperdine University |

Class of 2006-2007

| | |
|----------------|-------------------------------|
| Jamie Bedics | Fuller School of Psychology |
| Rebecca Harvey | Pepperdine University |
| Heather Himes | Rosemead School of Psychology |
| Christine Kang | Fuller School of Psychology |
| David Schafer | Pepperdine University |

Class of 2005-2006

| | |
|---------------------|-------------------------------|
| Robert Braese | Fuller School of Psychology |
| Jennifer Carusone | Pepperdine University |
| Paul Hewitt | Rosemead School of Psychology |
| Christopher Laviola | Pepperdine University |
| Lisa Mitchell | Fuller School of Psychology |
| Daniel Pelton | Rosemead School of Psychology |
| Angela Yi | Fuller School of Psychology |

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Class of 2004-2005

| | |
|------------------|-------------------------------|
| Bryan Goude-lock | Fuller School of Psychology |
| Sharon Hsu | Rosemead School of Psychology |
| Alisha Ledlie | Rosemead School of Psychology |
| Karen Molano | Pepperdine University |
| Miatta Snetter | Pepperdine University |
| Katherine Walker | Pepperdine University |

Class of 2003-2004

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|-----------------------|-------------------------------|
| Frances Diaz | Pepperdine University |
| Serina Hoover | Pepperdine University |
| Kathleen Huh | Pepperdine University |
| Scott Symington | Fuller School of Psychology |
| Sarah Cusworth Walker | USC |
| Michelle White | Rosemead School of Psychology |

Class of 2002-2003

| | |
|-------------------|-------------------------------|
| Stephanie Law | Rosemead School of Psychology |
| Lisa MacDonald | Pepperdine University |
| Lionel Mandy | Pepperdine University |
| Steven Rogers | Fuller School of Psychology |
| Jennifer Romesser | Pepperdine University |
| Melissa Symington | Fuller School of Psychology |
| Todd Wahl | Rosemead School of Psychology |
| Michelle Zeller | Pepperdine University |

Class of 2001-2002

| | |
|------------------|-------------------------------|
| Russell Carroll | Pepperdine University |
| Lori Haas | Pepperdine University |
| Allen Kilian | Fuller School of Psychology |
| Kimberly Miller | Pepperdine University |
| Elizabeth Osborn | Rosemead School of Psychology |

Class of 2000-2001

| | |
|---------------|-------------------------------|
| Greg Danos | Rosemead School of Psychology |
| Joshua Kenton | Pepperdine University |
| Suzanne Lau | Rosemead School of Psychology |
| Jocelyn McGee | Fuller School of Psychology |
| Mark Schnose | Fuller School of Psychology |

**** Pre-interns from previous years not listed due to space limitations**

PSYCHOLOGY TRAINING STAFF CREDENTIALS AND INTERESTS

BAGGETT, Linda R.

Current VA Position: Director & Staff Psychologist, Women's Mental Health Center

Training Rotation: Women's Mental Health & Trauma

Area of Specialization: Counseling Psychology

Degree: Ph.D., University of Memphis, 2012

VA hire: August 2013

E-mail address: linda.baggett@va.gov

Licensure: California (2013)

Theoretical Orientation: Humanistic-Multicultural-Feminist lens and primarily using CBT interventions. Integrative as appropriate (e.g., Interpersonal/Psychodynamic psychotherapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)).

Updated October 7, 2019

Areas of Clinical Specialization: Women's Mental Health, Military Sexual Trauma (MST), Trauma/PTSD, Sexual Health, gender-specific healthcare, diversity, reproductive health.

Publications: sexual health, body image, diversity, trauma treatment

Teaching/Training Interests: Women's Mental Health, Military Sexual Trauma (MST), Trauma/PTSD, Sexual Health, gender-specific healthcare, diversity, reproductive health, and professional development mentoring.

BRINDLE, Sarah S.

Current VA Position: Staff Psychologist, Spinal Cord Injury/Disorder

Training Rotation: Spinal Cord Injury/Disorder

Area of Specialization: Counseling Psychology; Spinal Cord Injury (postdoc at Rancho Los Amigos)

Degree: Ph.D., University of Iowa, 2004

VA hire: 2005; in Iowa returning to VA Long Beach November 2009

E-mail address: sarah.brindle@va.gov

Licensure: California (2005)

Theoretical Orientation: Integrative, Cognitive-Behavioral

Areas of clinical specialization: Rehabilitation psychology, Disability Affirmative Therapy, Director of SCI Peer Mentor Program, Faith-based approaches

Publications/Research interests: Sexuality and disability, women and SCI/disability, spirituality and disability

Professional Organizations: American Psychological Association

Teaching/Training interests: Rehabilitation psychology, vicarious traumatization/burnout, adaptive yoga/meditation, integrating spirituality in treatment.

BROWN, Nicholas B.

Current VA Position: Staff Psychologist, Behavioral Health Interprofessional Program (BHIP)

Training Rotation: Outpatient Mental Health at BHIP

Area of Specialization: Clinical Psychology

Degree: Ph.D., University of Missouri- St. Louis (UMSL) 2017

VA hire: September 2018

E-mail address: Nicholas.Brown8@va.gov

Licensure: California (2018)

Theoretical Orientation: Integrative (i.e., Cognitive-Behavioral, Interpersonal).

Areas of clinical specialization: Interpersonal trauma and PTSD; Evidence-based experience includes Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Dialectical Behavior Therapy (DBT), CBT for Anxiety, Unified Protocol for Emotional Disorders (UP)

Publications: Stigma and treatment-seeking among veterans, Telemental health

Professional Organizations: None (Formerly ABCT)

Teaching/Training interests: PTSD, using the therapeutic relationship in treatment, Socratic Questioning, professional development

CASKEY, Nicholas

Present VA Position: Chief Psychologist

Training Rotation: N/A

Additional Training Role: Member of Executive Training Committee

Area of specialization: Anger Management, Suicide, Mental Health administration

Degree: Ph.D., UCLA, 1987

VA hire: 1986, West Los Angeles VA Medical Center; transferred to VA Long Beach, 2017

E-mail address: nicholas.caskey@va.gov

Licensure: California (1983)

Theoretical orientation: CBT, crisis intervention, integrative/eclectic

Areas of clinical specialization: Anger Management, Suicide Risk Assessment and Prevention

Professional Interests: Program Development, Performance Measures, Leadership Activities

Publications/presentations: Psychopharmacology related to smoking and nicotine, suicide, psychotherapy research, homelessness in Veterans, violence in close relationships (dissertation)

Updated October 7, 2019

COSTELLO, Arezou M.

Current VA Position: Staff Psychologist; Behavioral Health Interprofessional Program (BHIP)
Training Rotation: Outpatient Mental Health at BHIP
Area of Specialization: Clinical Psychology
Degree: Ph.D., Pennsylvania State University, 2017
VA hire: September 2018
E-mail address: Arezou.Mortazavi@va.gov
Licensure: California (2018)
Theoretical Orientation: Integrative (Cognitive-Behavioral, Psychodynamic, Humanistic)
Areas of clinical specialization: Trauma and PTSD, Anxiety Disorders, DBT, Mindfulness, Moral Injury
Publications: Exposure therapies for anxiety disorders, positive emotions and health, cross-cultural psychology
Teaching/Training interests: Evidence-based treatment of PTSD and anxiety disorders, DBT, diversity and mental health

CROSBY, Shelly M.

Current VA Position: Staff Psychologist, Combat PTSD program; LGBT Point of Contact/Clinical Coordinator
Training Rotation: Combat PTSD program
Area of Specialization: Clinical Psychology
Degree: Psy.D., Pepperdine University 2013
Predoctoral Internship: VA Greater Los Angeles, Ambulatory Care Center
Postdoctoral Fellowship: Long Beach VA, Combat PTSD program
VA Hire: January 2015
E-mail address: shelly.crosby2@va.gov
Licensure: California (2014)
Theoretical Orientation: Integrative (Primarily Cognitive-Behavioral Therapy (CBT) with Humanistic and Acceptance and Commitment Therapy (ACT) influences).
Areas of Clinical Specialization: PTSD and co-occurring disorders (e.g. depression and substance use).
VA certified in Cognitive Processing Therapy (CPT), Prolonged Exposure (PE) and Cognitive-Behavioral Conjoint Therapy (CBCT) for PTSD; trained in Seeking Safety, CBT for insomnia, and mindfulness.
Teaching/Training Interests: Evidence-based treatment for trauma/PTSD (e.g. CPT and PE); education and outreach for diversity issues including the LGBTQ community; mentorship/professional development.
Teaching/Training Interests: Evidence-based treatment for trauma/PTSD (e.g. CPT and PE); education and outreach for diversity issues including the LGBTQ community; mentorship/professional development.

DILL, Lauren

Present VA Position: Staff Psychologist
Training rotation: Geriatric Evaluation and Management (GEM) & Community Living Center (CLC)
Degree: Clinical Psychology (PhD) 2011, Fuller Graduate School of Psychology
VA hire: 2012
E-mail address: Lauren.dill@va.gov
Licensure: CA, 2012
Theoretical orientation: Behavioral, Cognitive-Behavioral, with some influence from third-wave modalities
Areas of clinical specialization: Geropsychology, Neuropsychology, Disability Evaluation
Publications/Research interests: Verbal Fluency, Cognitive screening of early Alzheimer's disease
Teaching/training interests: Assessment (Cognitive, capacity, personality, disability), Spirituality and Mindfulness, Healthy Aging, Dementia education for caregivers

GANZ, Michael

Present VA Position: Staff Psychologist
Training rotation: Couples and Family Therapy
Area of specialization: Clinical Psychology
Degree: Ph.D., Biola University/Rosemead School of Psychology, 2008
VA hire: December 2014
E-mail address: michael.ganz@va.gov

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Licensure: Hawaii (2009), California (2010)

Theoretical orientation: Interpersonal, experiential, and attachment-based approaches that are informed by evidenced-based treatments for trauma (PE, CPT, and EMDR) as well as psychodynamic thinking

Areas of clinical specialization: Couples Therapy, Clinical Military Psychology, Trauma

Publications/Research interests: Connectedness as a modulator for resiliency; combat-specific coping and implications for treatment; and the implementation of conjoint therapies to treat relational avoidance and refractory PTSD symptoms

Teaching/training interests: Evidenced based psychotherapies (EBPs) for relational distress including Emotionally Focused Therapy (EFT) for Couples and Integrative Behavioral Couple Therapy (IBCT).

Additionally, Cognitive Behavioral Conjoint Therapy (CBCT) for the treatment of PTSD, parenting education, supporting/educating our Family Caregivers, addressing needs of dependent-codependent dyads, and interpersonal improvement through psychodynamic process group.

GONZALEZ-RIVAS, Sara K.

Current VA Position: Staff Psychologist, Primary Care-Mental Health Integration Program (PC-MHI)

Training Rotation: Primary Care- Mental Health Integration (PC-MHI)

Additional Training Role: Co-Coordinator of the Intern Supervision of Supervision Seminar

Area of Specialization: Clinical Psychology

Degree: Ph.D., University of Missouri – St. Louis, 2017

VA hire: June 2017

E-mail address: sara.gonzalez-rivas@va.gov

Licensure: California (2018)

Theoretical Orientation: Integrative (Cognitive Behavioral Therapy, Interpersonal Process, Feminist)

Areas of clinical specialization: Women's Mental Health, Sexual Health, Military Sexual Trauma (MST), Relationship issues/Couples Therapy, Life transition concerns

Research interests: Women's sexual health, Trauma and sexual health, fertility

Teaching/Training interests: Women's mental health, sexual health, issues of diversity in clinical work and supervision, trauma/PTSD, addressing ambivalence

HARDIN, Stacy A.

Current VA Position: Staff Psychologist, Primary Care Mental Health Integration

Training Rotation: Primary Care- Mental Health Integration (PC-MHI)

Area of Specialization: Clinical Psychology

Degree: Ph.D., University of Southern California 2014

VA hire: October, 2015

E-mail address: Stacy.Hardin@va.gov

Licensure: California (2015)

Theoretical Orientation: Cognitive Behavioral Therapy (CBT), Mindfulness

Areas of clinical specialization: Adjustment to chronic medical conditions (e.g., cardiovascular disease, chronic pain, cancer); cognitive-behavioral treatment for insomnia, anxiety and depressive disorders

Publications: Coping with cancer, bidirectional relationship between physical health and emotional distress in patients with cardiovascular disease

Teaching/Training interests: Health psychology, brief psychotherapy in primary care setting, interdisciplinary collaboration, professional development

HAWKINS, Nathaniel

Current VA Position: Staff Psychologist

Training Rotation: Program for Traumatic Stress (Combat PTSD)

Area of Specialization: Clinical Psychology

Degree: Ph.D, Pacific Graduate School of Psychology at Palo Alto University, 2014

VA hire: 2012

E-mail address: Nathaniel.Hawkins@va.gov

Licensure: California (2016)

Theoretical orientation: cognitive-behavioral

Areas of Clinical Specialization: Trauma, PTSD, Substance Use Disorders, Transgender Care

Publications/Research interests: Trauma and substance use

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Teaching/Training Interests: treatment of other trauma related disorders, military and childhood sexual trauma, posttraumatic resilience, PTSD family support, substance use disorders, transgender care, and LGBT issues

HUANG, John S.

Current VA Position: Staff Psychologist, PTSD Programs
Training Rotation: Combat PTSD program
Additional Training Role: Evidence Based Practice (EBP) Seminar Coordinator
Area of Specialization: Clinical Psychology
Degree: Ph.D., University of California, Santa Barbara, 2003
VA hire: 2006
E-mail address: John.Huang2@va.gov
Licensure: California (2005)
Theoretical Orientation: Eclectic, Cognitive-Behavioral, Interpersonal Process
Areas of clinical specialization: Diversity issues, PTSD, meditation/relaxation
Publications/Research interests: Diversity and mental health; Healing Touch and PTSD.
Professional Organizations: Association for Contextual Behavioral Science
Teaching/Training interests: Diversity; Buddhism, Christianity
Hinduism, and Native American spirituality.

HUNG, Juliet

Present VA Position: Staff Psychologist, Santa Ana Community Based Outpatient Clinic (CBOC)
Training Rotation: Outpatient Mental Health at Santa Ana CBOC
Additional Training Role: Co-coordinator of Assessment Seminar
Area of Specialization: Clinical Psychology, trauma, EBP, psychodynamic, and psychological testing
Degree PhD, 2000, California School of Professional Psychology (CSPP – LA Campus)
APA Accredited Postdoctoral Fellowship at the Menninger Clinic, Topeka, KS 2001
ABPP in Clinical Psychology, 2014
VA Hire: 2006
E-mail address: Juliet.Hung@va.gov
Licensure: California, 2003
Professional Activities Outside the VA: ABPP
Professional Organizations: American Psychological Association, ABPP
Theoretical Orientation: Cognitive-behavioral and Psychodynamic (Attachment/Object Relations)
Teaching/Training Interests: EBP (CPT/CBT, PE, DBT, etc.), psychodynamic psychotherapy, differential diagnosis, individual and group psychotherapy, professional training & development, multicultural and community psychology, assessment and treatment of characterological disorders, trauma-related disorders, depression and disordered eating behaviors.

HURWITZ, Vanessa

Current VA Position: Staff Psychologist, Behavioral Health Interdisciplinary Program (BHIP); Military Sexual Trauma (MST) Coordinator
Training Rotation: Outpatient Mental Health at BHIP
Area of Specialization: Clinical Psychology
Degree: Ph.D., Fuller School of Psychology, Pasadena 2016
VA hire: December 2017
E-mail address: vanessa.hurwitz@va.gov
Licensure: California (2017)
Theoretical Orientation: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT).
Areas of clinical specialization: Trauma, Emotion Dysregulation
Professional Organizations: American Psychological Association
Teaching/Training interests: DBT, Case Conceptualization-driven CBT, CBASP for chronic depression, Professional Development

KERNER, David N.

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Current VA Position: Staff Psychologist, Spinal Cord Injury/Disorder
Training Rotation: Supervisor for Spinal Cord Injury/Disorder (supervisor for pre-interns only)
Area of Specialization: Clinical Psychology
Degree: Ph.D., Joint Doctoral Program, UC San Diego/San Diego State University, 1998
VA hire: 2001
E-mail address: david.kerner2@va.gov
Licensure: Illinois (2000)
Theoretical orientation: Cognitive-Behavioral
Areas of clinical Specialization: Medical psychology, rehabilitation psychology, chronic pain management
Publications: Outcome methodology, health psychology
Professional organizations: American Psychological Association
Teaching/training interests: Medical/health psychology, rehabilitation psychology, physiological psychology, pain management.

KIM, Christine H.

Current VA Position: Staff Neuropsychology, Acting Coordinator of Neuropsychology Clinic
Training Rotation: N/A
Additional Training Role: Coordinator of the Neuropsychology Clerkship program; Co-coordinator of Assessment Seminar; Member of Executive Training Committee
Area of Specialization: Clinical Neuropsychology
Degree: Ph.D., Fuller Graduate School of Psychology 2008
VA hire: October 2010 (Long Beach VA: January 2017)
E-mail address: christine.kim@va.gov
Licensure: California (2010)
Theoretical Orientation: Cognitive Behavioral Therapy (CBT), Biopsychosocial
Areas of clinical specialization: Gero-Neuropsychology
Publications: normative data on Stroop Test, cognition and aging
Professional Organizations: International Neuropsychological Society
Teaching/Training interests: neuropsychology, professional development

LOPEZ, Corina

Present VA Position: Primary Care Mental Health Integration Psychologist, Co-Health Behavior Coordinator
Training Rotation: Primary Care-Mental Health Integration (PCMHI)
Area of specialization: Clinical Health Psychology
Degree: PhD, University of Miami, 2013
VA hire: January 2015
E-mail address: corina.lopez@va.gov
Licensure: California 2015
Theoretical orientation: Integrative (Mindfulness, CBT, behavioral, insight oriented, existential, humanistic)
Areas of clinical specialization: Clinical and health psychology, consultation-liaison psychology, mindfulness and meditation, Psycho-oncology/end of life/hospice, adjustment to chronic illness
Publications/Research interests: Psychological and Physical effects of Cognitive Behavioral Stress Management Interventions in chronically ill populations, Ethnic Identity and Perceived Stress
Professional organizations: American Psychological Association, Division 38
Teaching/training interests: Health Psychology, Behavioral Medicine, mindfulness/meditation, brief psychotherapy, end of life

MCDOUGALL, Tatiana V.

Present VA Position: Staff Psychologist; Couples and Family Therapy
Training Rotation: Couples and Family Therapy
Additional Training Role: Co-Coordinator of the Intern Supervision of Supervision Seminar
Area of specialization: Clinical/Community and Applied Social Psychology
Degree: Ph.D., University of Maryland, Baltimore County, 2014
VA hire: 2015

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E-mail address: tatiana.mcdougall@va.gov

Licensure: Maryland (2015), California (2016)

Theoretical orientation: Integrative with focus on interpersonal, attachment-based, and experiential approaches.

Areas of clinical specialization: Couples Therapy, Emotion-Focused Therapy, Dialectical Behavior Therapy, Diversity and multicultural psychology

Publications/Research interests: Attachment style and stress in intimate relationships, impact of family factors on psychological health

Teaching/training interests: Integrative case-conceptualization, attachment-based approaches (EFT), and enhancing competency in Clinical Supervision.

MESSINIDES, Leigh A.

Present VA Position: Staff Psychologist, Local Evidence-Based Psychotherapy Coordinator

Training Rotation: Adjunct Supervisor for Outpatient Mental Health at Santa Ana CBOC

Area of Specialization: Clinical Psychology, aging and trauma, health psychology

Degree: Ph.D., UCLA 1992

VA Hire: 1992

E-mail address: leigh.messinides@va.gov

Licensure: California, 1993

Theoretical Orientation: Integrative, informed by attachment theory

Professional Activities Outside the VA: APA Division 48 (Society for the Study of Peace, Conflict, and Violence)

Professional Organizations: American Psychological Association

Teaching/Training Interests: developmental aspects of trauma, attachment theory, social justice issues in clinical psychology, how psychotherapy is informed by the empirical process

MONA, Linda R.

Current VA Position: Lead Staff Psychologist, Spinal Cord Injury/Disorder

Training Rotation: Spinal Cord Injury/Disorder

Area of Specialization: Clinical Psychology

Degree: Ph.D., Georgia State University, 1998

VA hire: 2001

E-mail address: linda.mona@va.gov

Licensure: California (2000)

Theoretical Orientation: Integrative; Cognitive-Behavioral

Areas of clinical specialization: Rehabilitation psychology, Disability Affirmative Therapy, Multicultural and Diversity issues in Psychology, Sex therapy

Publications: Sexuality and Disability, Older adults and sexuality, Disability Cultural Competence in healthcare, Sexuality and Disability Cultural Competence

Professional Organizations: American Psychological Association

Teaching/Training interests: Psychology of disability, rehabilitation psychology, sexual expression and sex therapy, diversity issues and multicultural psychology

NAUGHTON, Jessica (Jessie)

Current VA Position: Staff Psychologist, Combat PTSD Program

Training Rotation: Combat PTSD (PTSD/SUD)

Area of Specialization: Clinical Psychology

Degree: Ph.D, Syracuse University (2012)

VA hire: 2017

E-mail address: jessica.naughton@va.gov

Licensure: California (2013)

Theoretical orientation: integrative (interpersonal/psychodynamic, cognitive-behavioral, mindfulness/acceptance-based approaches), Prolonged Exposure Therapy (PE), Cognitive Processing Therapy (CPT, VA certified)

Areas of Clinical Specialization: Trauma and PTSD

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Research interests: therapeutic relationship within trauma work, integrative therapy for trauma, attrition reduction and systems improvement in treatment
Teaching/Training Interests: integrative therapy, exposure therapies, PTSD/SUD

NYASIO, Tara M.

Current VA Position: Staff Psychologist
Training Rotation: Adjunct Supervisor for Santa Ana CBOC
Area of Specialization: PTSD, Primary Care-Mental Health Integration
Postdoctoral fellowship: Trauma/PTSD (VA Loma Linda)
Degree: PsyD, Fuller Graduate School of Psychology, Pasadena, CA, 2012
VA hire: October 2012; August 2015 (VA Long Beach)
E-mail address: Tara.Nyasio@va.gov
Licensure: California (2012)
Theoretical Orientation: Cognitive Behavior Therapy
Professional Organizations: California Psychological Association
Teaching/Training interests: Trauma/PTSD, anxiety spectrum disorders, depression, short-term therapy

POTTS, AMY A.

Current VA Position: Staff Psychologist, Santa Fe Springs CBOC
Training Rotation: Supervisor for Outpatient Mental Health at Santa Fe Springs CBOC (supervisor for pre-interns only)
Area of Specialization: Clinical Psychology
Degree: Ph.D., Fuller Graduate School of Psychology (2010)
VA hire: October 2011 (Atlanta VAMC), September 2015 (VA Long Beach HCS)
E-mail address: Amy.Potts@va.gov
Licensure: GA (2011)
Theoretical Orientation: Integrative (e.g., Cognitive Behavioral Therapy, Biopsychosocial, Interpersonal/Psychodynamic psychotherapy). VA-Certified Provider in both Cognitive Processing Therapy (CPT) and in Prolonged Exposure (PE) Therapy.
Areas of clinical specialization: Trauma-focused treatments including Cognitive Processing Therapy (CPT), Prolonged Exposure (PE) Therapy, and other Evidence-Based Treatments including Stress Inoculation Training (SIT), Skills Training in Affect & Interpersonal Regulation (STAIR), CBT for Depression, Anxiety disorders, and chronic pain management; Diversity Variables and Multicultural Psychotherapy.
Publications: First-episode Psychosis and Serious Mental Illness; PTSD and factors that impact the development of PTSD symptomatology; Exposure to Violence, Adjustment, Burnout, and Traumatic Loss among Humanitarian Aid Workers; Assessment of PTSD and Childhood Abuse Within Multicultural and International Contexts.
Teaching/Training interests: PTSD assessment and treatment, Vicarious Traumatization and Burnout, Military Sexual Trauma, First-episode Psychosis and the prodrome, Social justice issues and treatment for underserved populations.

PROUVOST, Caroline

Current VA Position: Staff Psychologist, Santa Ana CBOC and VA Long Beach Interprofessional Pain Clinic
Training Rotation: Outpatient Mental Health – Santa Ana Community Based Outpatient Clinic (CBOC)
Area of Specialization: Clinical Psychology
Degree: Ph.D., Rosalind Franklin University of Medicine and Science, North Chicago (2017)
VA hire: November 2018
E-mail address: caroline.prouvost@va.gov
Licensure: California (2018)
Theoretical Orientation: Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC).
Areas of clinical specialization: Chronic Pain, Anxiety, OCD, PTSD, Depression, Recovery-oriented treatment
Publications: OCD, jealousy

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Teaching/Training interests: Professional Development, Mindfulness-based treatment, Chronic Pain Management, Recovery-oriented programming

REGER, Stacy L.

Current VA Position: Staff Psychologist, Spinal Cord Injury/Disorder

Training Rotation: Spinal Cord Injury/Dysfunction

Additional Training Role: Member of Executive Training Committee

Area of Specialization: Clinical Psychology; Geropsychology

Degree: Ph.D., University of Nevada Las Vegas, 2014

VA Hire: 2015

E-mail address: stacy.reger@va.gov

Licensure: California (2015)

Theoretical Orientation: Integrative; Interpersonal Process

Areas of Clinical Specialization: Adjustment to disability and/or chronic health conditions; geropsychology; clinical psychology in medical settings; neuropsychological assessment; end-of-life and serious illness

Publications/Research Interests: Post-traumatic stress disorder and aging; physical pain, trauma, and aging; resilience; end-of-life issues; grief; aging and cognition

Professional Organizations: APA, CPA, LACPA

Teaching/Training Interests: Aging; coping with and adjustment to disability and/or chronic health conditions; grief; practicing psychology in a medical setting; diversity; professional development; neuropsychological assessment

SCOTT, Andrea

Present VA Position: Staff Psychologist

Training Rotation: Health and Wellness

Additional Training Role: Director of Postdoctoral Training; Member of Executive Training Committee

Area of specialization: Clinical Psychology

Degree: PhD, Palo Alto University, 2013

VA hire: 2014

E-mail address: andrea.scott@va.gov

Licensure: CA, 2015

Theoretical orientation: Integrative (cognitive-behavioral; psychodynamic; motivational interviewing)

Areas of clinical specialization: Health psychology

Research interests: CIM (Complementary and Integrative Medicine)

Teaching/training interests: Tobacco Cessation, CBT-I, MOVE!, mental health readiness evaluations, MI, telehealth

SHOLTY, Gretchen L.

Current VA Position: Staff Psychologist, Women's Mental Health Center

Training Rotation: Women's Mental Health & Trauma

Additional Training Role: Director- Psychology Training Program; Member of Executive Training Committee

Area of Specialization: Clinical Psychology

Degree: Ph.D., University of California, Los Angeles (UCLA) 2012

VA hire: September 2013

E-mail address: gretchen.sholty@va.gov

Licensure: California (2014)

Theoretical Orientation: Integrative (e.g., Interpersonal/Psychodynamic psychotherapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT). VA Certified in Dialectical Behavioral Therapy (DBT) and Cognitive Processing Therapy (CPT).

Areas of clinical specialization: Women's Mental Health, Military Sexual Trauma (MST), Trauma and Sexual Health, LGBTQ community, Serious Mental Illness (SMI), Recovery-oriented treatment

Publications: schizophrenia, recovery-oriented programming, ACT for psychosis, sexual health

Teaching/Training interests: Professional Development, Women's Mental Health, Military Sexual Trauma, DBT, Recovery-oriented programming, professional development

TILLMAN, Shaquita

Current VA Position: Staff Psychologist; Santa Fe Springs CBOC
Training Rotation: Outpatient Mental Health at Santa Fe Springs CBOC
Area of Specialization: Clinical Psychology
Degree: Psy.D., Pepperdine University (2012)
VA hire: October 2015
E-mail address: shaquita.tillman@va.gov
Licensure: California (2014)
Theoretical Orientation: Integrative (e.g., Cognitive Behavioral Therapy, Interpersonal/Psychodynamic psychotherapy, and Humanistic models). VA Certified in Cognitive Processing Therapy (CPT).
Areas of clinical specialization: Post Traumatic Stress, Women's Mental Health, Military Sexual Trauma (MST), Intimate Partner Abuse, Substance Use Disorders, & Diversity/Multicultural Counseling.
Publications: Interpersonal Trauma (e.g., Child Sexual Abuse, Rape, Intimate Partner Abuse)
Teaching/Training interests: Readjustment Difficulties, Women's Mental Health, Military Sexual Trauma, & Substance Use Disorders

WELSH, Elizabeth

Current VA Position: Staff Psychologist; SFS CBOC
Training Rotation: Outpatient Mental Health at SFS CBOC
Area of Specialization: Clinical Psychology
Degree: Ph.D., Fuller Graduate School of Psychology, 2011
VA hire: 2012
E-mail Address: Elizabeth.Welsh@va.gov
Licensure: California (2013)
Theoretical Orientation: DBT, CBT
Areas of Clinical Specialization: Treatment of Borderline Personality Disorder (BPD) using Dialectical Behavior Therapy (DBT); CBT-E and DBT for eating disorders; biofeedback for anxiety and stress disorders; trauma-focused treatment including Prolonged Exposure (PE); transgender mental health care (evaluations for readiness to start cross-sex hormone therapy, undergo sexual reassignment surgery, and psychotherapy for gender transition)
Publications/Research interests: Women's mental health treatment, transgender mental health
Teaching/training interests: DBT, transgender mental health, biofeedback, eating disorders

WILLIAMS, Camila R.

Current VA Position: Staff Psychologist, Women's Mental Health Center
Training Rotation: Women's Mental Health & Trauma
Area of Specialization: Clinical Psychology, ABPP Board Certified in Behavioral and Cognitive Psychology
Degree: Ph.D., University of Utah, Salt Lake City 2014
VA hire: October 2015
E-mail address: camila.williams@va.gov
Licensure: California (2016)
Theoretical Orientation: Cognitive Behavioral Therapy (CBT), Family Systems. VA Certified in Cognitive Processing Therapy (CPT) and Prolonged Exposure Therapy (PE).
Areas of clinical specialization: Combat PTSD; Evidence-based treatment of PTSD, Depression, Anxiety, and Substance Abuse disorders; mindfulness/relaxation. Publications: Interpersonal processes in anxiety disorders; coping processes in combat PTSD; martial satisfaction and psychological functioning among spouses of combat Veterans with PTSD; spouses' perceptions of Veteran's PTSD; post deployment adjustment.
Professional Organizations: International Society for Traumatic Stress Studies (ISTSS), Association for Behavioral and Cognitive Therapies (ABCT)
Teaching/Training interests: Evidence-based therapies (CBT/CPT/PE), trauma, substance use disorders

YADAVAIA, James (Jamie)

Present VA Position: Staff Psychologist; BHIP

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Training Rotation: Adjunct Supervisor for Outpatient Mental Health at BHIP

Area of specialization: Clinical Psychology

Degree: PhD, University of Nevada, Reno, 2013

VA hire: 2014

E-mail address: James.Yadavaia@va.gov

Licensure: California, 2014

Theoretical orientation: Mindfulness/Acceptance-Based Cognitive-Behavioral Therapies (ACT, DBT), Traditional CBT (including CPT), Motivational Interviewing

Areas of clinical specialization: General Mental Health, including Serious Mental Illness, PTSD, and Borderline Personality Disorder

Publications/Research interests: Self-Compassion, Mental Health Recovery Movement, LGBT Concerns, Self-Stigma

Teaching/training interests: Group and Individual Psychotherapy, Issues of Diversity in Clinical Work and Supervision, Professional Development

ZUEHLKE, Jessica B.

Present VA Position: Psychologist/Local Recovery Coordinator/Assistant Chief of Psychology

Training Rotation: N/A

Area of specialization: Psychosocial Rehabilitation (PSR) and Recovery/Clinical Psychology

Degree: Psy.D. University of Hartford, CT, 2008

Internship: Edith Nourse Rogers Memorial VAMC, Bedford, MA, 2007-2008

Clinical Fellowship: University of Rhode Island College Counseling Center, 2008-2009.

VA hire: 2009, Providence VA; transferred to VA Long Beach August 6, 2012

E-mail address: jessica.zuehlke@va.gov

Licensure: Rhode Island (2009), California (pending)

Theoretical orientation: Recovery-oriented, CBT, Mindfulness, Solution-Focused

Areas of clinical specialization: Psychosocial Rehabilitation and Recovery

Publications/presentations: Mental Health Recovery, System Redesign, Patient-Centered Care, Post-partum depression (dissertation)

Professional Interests: Program Development, System Redesign (trained as an SR Facilitator), Patient-Centered Care (Planetree model), Inpatient Recovery Transformation, Leadership Activities

Directions to the VA Long Beach Medical Center and Psychology Department

The VA Long Beach Healthcare Center is located on the corner of Bellflower Boulevard and Seventh Street in Long Beach. It is adjacent to California State University at Long Beach, and is just northeast of where Pacific Coast Highway intersects with Bellflower Blvd. and Seventh Street. For more information on orienting yourself to VA Long Beach, please check the VA Long Beach Website: www.longbeach.va.gov

Freeway access from the North on the San Diego Freeway (405)

- Take the Bellflower Blvd. exit going south.
- On Bellflower Blvd., after passing shopping areas and crossing Atherton Street, you will come upon CSU Long Beach on the left.
- Immediately after Beach Drive are the VA grounds, also on the left.
- Since you cannot make a legal left turn on Sam Johnson Road, you must go further to Palm Road where there is a left turn lane enabling you to enter the VA grounds through Gate 3.

Freeway access from the North on the San Gabriel Freeway (605)

- Take the Seventh Street (22 West) exit.
- After passing CSU Long Beach on the right on Seventh Street, you will come upon the VA, which is also on the right.
- Directions are easier if you pass the main VA entrance and make a right on Bellflower Boulevard.
- Take the second hospital entrance (Sam Johnson Road) and proceed straight (east) and park in the lots on your the left hand side after you pass the intersection with Canob Road.

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Freeway access from the South on the San Diego Freeway (405)

- Take the Seventh Street (22 West) exit.
- After passing CSU Long Beach on the right on Seventh Street, you will come upon the VA, which is also on the right.
- Directions are easier if you pass the main VA entrance and make a right on Bellflower Boulevard.
- Take the second hospital entrance (Sam Johnson Road) and proceed straight (east) and park in lots on your the left hand side after you pass the intersection with Canob Road.

The Psychology main offices are located on hallway "A-2" on the second floor of Building 128.

- Proceed up the steps and cross the street and walk up the sidewalk to the right (west) of the Community Living Center.
- Voluntary services with a blue awning will be on your right.
- Keep walking straight until you enter through the double doors, make a right, and proceed down a long corridor. You'll get to an intersection, and please turn left there.
- Go through the sliding glass door and then make a right, following the signs for A-2. Make your second left and you'll see two elevators on the left.
- Take one up to the second floor, turn left, proceed down the hall to the end and check in with our Program Support Assistant in the Psychology office (A-200).
- If you need additional directions, please call us at (562) 826-5604.
- We'll have more information with acceptance announcements as to which building and room number we'll congregate in, and .pdf facility maps are available for email attachments upon request.