Psychology Training Program – Pre-internship (Advanced 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 doctoral internship and postdoctoral fellowship 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.

Directors of Training

Gretchen Sholty, Ph.D.
Director of Training, Psychology
(Gretchen.Sholty@va.gov)

Deirdre Lopez, Ph.D.
Assistant Director of Training, Psychology
(Deirdre.Lopez2@va.gov)

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Fax: (562) 826-5679

Application and Selection Procedures

The pre-internship program at VA Long Beach Healthcare System accepts applications from psychology doctoral students from the following programs: University of Southern California (USC), University of California, Los Angeles (UCLA), Pepperdine University, Fuller Theological Seminary, School of Psychology, and Rosemead School of Psychology/Biola University. We will offer 8-10 pre-intern positions for the 2018-2019 training year. Application procedures, deadlines, and interview notification dates vary by doctoral program. Please consult with your program for more details regarding the application process.
Pre-interns and other practicum students 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 2 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 to leave for internship, or dissertation defense.

**Psychology Setting**

Our VA Long Beach Healthcare System includes the main medical center complex in Long Beach, as well as five community-based healthcare clinics located in West Long Beach (Villages at Cabrillo), Anaheim, Laguna Hills, Santa Ana, and Whittier. 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 290 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 tenth class of postdoctoral fellows in seven specialty areas.

All 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 Directors of Training are Gretchen Sholty, Ph.D. (Training Director) and Deirdre Lopez, Ph.D., (Assistant Training Director), who are advised by the Executive Training Committee. Andrea Scott, Ph.D., is the Director of our Psychology Postdoctoral Fellowship program, first funded in 2008. Over half of the total number of our training psychologists has been hired in the past 10 years, especially in the areas of neuropsychology, spinal cord injury, PTSD, Women’s Mental Health, Behavioral Health Interdisciplinary 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.

**Program Structure**

**Training Schedule and Rotations**

After hearing presentations by all the staff psychologists describing their rotations (entire list of available rotations for 2018-2019 training year is listed below in "Training Experiences" section) and associated training experiences during orientation week in August, pre-interns will meet with the Assistant Director of Training to discuss preferred rotations and supervisors for the training year. Rotation schedules will ultimately be determined by the Training Directors at the end of the orientation week. Pre-intern preferences 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 Training Directors 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:

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<tr>
<th>First 6-months (August – February)</th>
<th>Second 6-months (February – August)</th>
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<td>Rotation 1</td>
<td>Rotation 2</td>
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As noted above, pre-interns are expected to work 16-18 hours per week, over the course of two days. 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. The training program also includes educational opportunities such as lectures, seminars, and case conferences, depending on the pre-intern’s rotation schedule. Pre-interns also have the option of carrying one long-term psychotherapy case across the training year.

**Supervision**

**Supervision of clinical rotations:** Each pre-intern will have two primary 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 direct 1:1 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/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). Two 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 and 1 hour to meet with intern/fellow for 1:1 supervision. Audiotapes 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.

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.

Assessment Seminar with interns & neuropsychology clerks (biweekly on Weds from 10:30am-12pm): This seminar is coordinated by Dr. Juliet Hung. Presentations will cover didactics on a wide range of assessments (e.g., personality, cognitive, health-related, etc.) offered throughout the VA.

Diversity Seminar with interns & postdoctoral fellows (monthly on Thurs from 8-9:30am): This seminar is coordinated by Dr. Yasmeen Yamini-Benjamin and is held in conjunction with the other psychology trainees. This seminar will include didactic presentations, readings, and case presentations covering a wide range of diversity issues. Please note that issues of individual and cultural diversity are emphasized in ALL of the pre-intern training experiences, including all of the didactic seminars as well as discussed regularly throughout the pre-intern’s clinical rotations and supervision meetings.

Mental Health Care Group 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.

Mental Health Multicultural Diversity Committee (monthly on Weds from 12-1pm): The committee plans seminars, training, and activities to support this goal and is composed of staff and trainees. The committee meets the 3rd Wednesday of the month and is coordinated by Drs. Tatiana McDougall and Shelly Crosby.

Vision Statement: To serve as a resource for multiculturally competent Veteran-centered care within mental health service, to VA Long Beach Healthcare System, and to the local community.

Mission Statement: To promote multicultural competence in various dimensions of human diversity at the individual, service, team, and organizational levels through education and training, consultation, research, and outreach activities.

Other Didactics: The pre-internship program also includes educational opportunities such as lectures, on-site trainings (e.g., VA Long Beach hosts a yearly Polytrauma and Dialectical Behavioral Therapy training), seminars, and case conferences.

Training Experiences

Below is a list of rotations that are currently available for psychology pre-interns at the VA Long Beach Healthcare System for the 2018-2019 training year. More information about the supervisors can be found in the “Psychology Training Staff Credentials and Interests” section below. The specific training program developed by a pre-intern must involve the approval of the Director of Training.

1. Behavioral Health Interdisciplinary Program (BHIP)
2. Couples and Family Therapy
3. Geropsychology -- Community Living Center (CLC) & Geriatric Evaluation & Management (GEM)
4. Health & Wellness
5. Neuropsychology (may not be available to pre-interns during 2018-2019 training year)
6. Outpatient Mental Health at Community Based Outpatient Clinics (CBOCs)
   a. Santa Ana CBOC
   b. Whittier CBOC
7. Program for Traumatic Stress (Combat PTSD)
8. Psychosocial Rehabilitation and Recovery Program
10. Women's Mental Health Center (WMHC) and Trauma

**Behavioral Health Interdisciplinary Program (BHIP)**
*Primary Supervisors: Lauren Lovato Jackson, Psy.D. Elizabeth Welsh, Ph.D., & Jamie Yadavaia, Ph.D.*
*(A fourth BHIP psychologist is in the process of being hired and may be an available supervisor for the 2018-2019 training year).*

**Program:** This rotation is part of a redesign of Mental Health services in which interprofessional teams provide coordinated care for patients in Outpatient Mental Health. It offers experience with a wide range of presenting problems including PTSD, Anxiety Disorders, Mood Disorders, Adjustment Disorders, interpersonal and relational difficulties, pervasive emotion dysregulation, substance abuse, disordered eating, cognitive impairments, gender dysphoria and gender transition issues, and co-morbid medical complications. Patients are referred to this rotation by psychiatrists and nurses from the BHIP mental health teams, Primary Care-Mental Health Integration program, and the Mental Health Treatment Center. As such, trainees will have the opportunity to actively collaborate and consult with a variety of other disciplines and programs during their training. 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, efforts to train clinicians in adherence to evidence-based treatment protocols while also incorporating individual differences is strongly valued. Both individual and group experiences will be available based on trainee interests. Please see below for specific training experiences offered.

**Psychology Training Provided:** Trainees on this rotation can select Dr. Jackson, Dr. Welsh, or Dr. Yadavaia 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 busy hospital settings. Trainees will also participate in the BHIP triage clinic 2 hours per week 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, Dialectical Behavior Therapy (DBT) for BPD, Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for chronic depression, Acceptance and Commitment Therapy (ACT), Interpersonal Therapy (IPT) for depression, Exposure and Response Prevention Therapy (ERP), CogSMART for traumatic brain injury (TBI) and mild cognitive impairment (MCI), and Motivational Interviewing (MI). Group treatments include CBT for Depression and Anxiety, Stress Management, Trauma Skills, Anger Management, Managing Emotions, Mindfulness and ACT, DBT for Emotional Eating.

**Assessment Opportunities:** MMPI, PAI, RBANS, MoCA

**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. Patients are referred to this rotation by other providers from throughout the healthcare system.

**Psychology Training Provided:** Dr. Ganz and Dr. McDougall are the two dedicated Couples Therapy psychologists at the Long Beach VA. EBP opportunities include EFCT, IBCT, CBCT-PTSD, IPT, ACT, CBT, CPT, EMDR, and PE. 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 Emotionally Focused Couples Therapy as well as Cognitive Behavioral Conjoint Therapy for PTSD (CBCT-PTSD). 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 psycho-educational workshops based on the Scream-Free Parenting approach. For individual cases, Dr. Ganz conceptually integrates from relational psychodynamic and attachment perspectives and uses these as a springboard to address psychopathology in short-term treatment paradigms including CBT and ACT. Dr. Ganz is a former U.S. Army psychologist and combat veteran who also has a wealth of experience in treating PTSD with CPT, EMDR, and PE.

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 EFCT, with a strong emphasis on case conceptualization based in attachment theory. 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 is also the co-chair of the Psychology Department Diversity Committee and emphasizes understanding and attention to cultural factors in the conceptualization of relational dynamics.

Trainees who work with Dr. Ganz and Dr. McDougall will receive both individual and group supervision.

**EBP Opportunities:** Emotionally Focused Couples Therapy (EFCT), Integrative Behavioral Couples Therapy (IBCT), Cognitive Behavioral Conjoint Therapy for PTSD (CBCT-PTSD), CBT, ACT, DBT, IPT.

**Group Therapy Experiences:** Trainees can co-lead any of the following groups, based on their interest and schedules. Trainees would typically co-lead with Dr. Ganz or Dr. McDougall, although there are generally opportunities for trainees to take a central role from the beginning and may have the opportunity to lead the group on their own after a few sessions.

- **Secure Foundations: Couples Growing Together (Couples Therapy Group):** Secure Foundations is a part process, part psycho-education group therapy for couples. 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 meets Mondays from 5-6:30pm and is supervisee-led and supervised by Dr. Ganz.

- **Mindfulness Group for Couples:** This is a 6-week experiential class designed to teach mindfulness skills in a relational context. The group meets on Wednesdays from 5-6pm.

**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.

- **Family Caregiver Program:** Trainees will have an opportunity to triage, diagnose, and individually treat family caregivers of veterans with mental health conditions.

**Geropsychology - Community Living Center (CLC) & Geriatric Evaluation and Management (GEM)**
Primary Supervisor: Lauren Dill, Ph.D. (Pre-intern training will primarily take place in the GEM clinic)
Adjunct Supervisor: Jennifer Geren, Ph.D.

**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. Training in the CLC will be limited to pre-interns on this rotation.

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 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.

**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, biofeedback, and mental health readiness evaluations for bariatric surgery, hormone replacement therapy and gender reassignment 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 weekly 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 intake 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.

**Biofeedback:** Biofeedback Therapy uses non-invasive electronic monitoring equipment to help Veterans observe and understand their physiological responses to acute and chronic stress, and learn how to change those responses to improve physical and psychological health/wellness. Trainees can learn how to educate Veterans about what biofeedback is, types of biofeedback (e.g., respiration, heart rate variability, skin conductance, skin temperature and muscle tension) and indications for using biofeedback. Teach Veterans how to improve their heart rate variability, decrease sympathetic nervous system overactivation and increase parasympathetic activity.

**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, CBT-D

**Assessment opportunities:** Mental health readiness evaluations for bariatric surgery, hormone replacement therapy and gender reassignment surgery (AUDIT-C, DAST-20, QEWP-R, MHL, MBMD, MoCA, BDI-II, PCL-5)

**Neuropsychology (may not be available to general track pre-interns during 2018-2019 training year)**
Primary Supervisors: Christine Kim, Ph.D., & Vanessa Zizak, Ph.D. (A third neuropsychologist is in the process of being hired and may be an available supervisor for the 2018-2019 training year).

**Program:** The over-arching goal is for students to obtain entry-level broad-based skills as a Clinical Psychologist, with specialization training in Neuropsychology that prepares them for applying to advanced post-doctoral training in medical and/or academic settings. This is accomplished through selecting pre-interns with specialized interest and an academic foundation in neuropsychology, providing clinic services under an apprenticeship model, and holding a year-long didactic seminar.

Gaining experience evaluating a wide variety of Veterans with neurological, psychiatric and/or concomitant disorders and exposure to multiple diagnostic tools are the core strengths offered at this program. This Neuropsychology Clinic provides clinical neuropsychological consultation to the entire healthcare facility, including Psychiatry, Neurology, Geriatric and Evaluation Management.
(GEM)/Geropsychology and Rehabilitation Medicine. Such consultation usually consists of the assessment of neuropsychological and psychological functioning using a broad range of quantitative and qualitative approaches. In addition, the pre-intern gains experience with the Traumatic Brain Injury (TBI)/Polytrauma program, including evaluating patients for traumatic brain injury and holding monthly cognitive education groups for mTBI patients. Pre-interns will have opportunities to supervise practicum level students on cases and treatment.

Clinical Neuropsychology Seminar and Case Conference: Formal didactics are held weekly and mainly focus on clinical, academic, professional and research that is relevant in the field of Clinical Neuropsychology. This forum encompasses topics such as behavioral neurology; neuroanatomy (brain-behavior relationships), pathology (Brain Cuttings), and review of radiological findings, diagnostic syndrome analysis (e.g., aphasia, dementia etc.), cultural consideration for test selection and interpretation, and ABPP board certification. Case conferences and journal article review will also be conducted during the seminar.

Psychology Training Provided: The pre-intern can expect to be exposed to a wide variety of test batteries for neuropsychological assessment, utilizing different approaches (i.e., screening, process, flexible and structured batteries). By the time the pre-intern has completed the rotation, she or he can also expect to select an appropriate testing battery based on the referral question and patient's likely neuropathology and history. Information obtained from the assessment is used to answer diverse referral requests, e.g., identifying the presence, localization, and nature of brain lesions or dysfunction; establishing baseline functioning; and identifying the pattern of neuropsychological and personality strengths and weaknesses. This information is used to aid in establishing diagnosis, treatment, rehabilitation planning, and prognosis. Pre-interns may also have the opportunity to conduct cognitive retraining with brain-injured patients.

Neuropsychological Assessment Protocol Offered: The Long Beach VA has access to a significant number of tests. Below are a few examples of tests/batteries and/or questionnaires available. By no means is this list exhaustive.

- Halstead-Reitan Battery
- Performance Validity Measures (TOMM, Victoria SVT, WMT, Dot Counting, Rey-15)
- Premorbid Intelligence Estimates (WTAR, TOPF, WASI)
- Intelligence Testing (WAIS-IV)
- Aphasia/ Dementia Screening Batteries (DRS-II, MoCA, RBANS, NAB, BDAE, MAE, WAB)
- Memory Testing (CVLT-II, HVLT-R, BVMT-R, WMS-IV Subtests)
- Executive Functioning (D-KEFS, WCST, Category Test)
- Social Reasoning/ Behavioral Questionnaires (Iowa Gambling Task, Clinical Solutions, TOP-J, ILS, FRSBE, Brief-A)
- Psychological Functioning (BDI-II, BAI-II, GDS, PCL, CES, PHQ-9; GAD-7; Katz ADLs/IADLs; caregiver burden scales)
- Psychological and Personality Testing for select complex cases (MMPI-RF, PAI, MCMI)

Research Opportunities: Involvement with research is encouraged, but not mandatory in this clinic. Research opportunities in developing new studies as well as assisting with existing research will be available. The clinic has geriatric, general and mTBI patient databases built or that may be expanded on. Students are encouraged to work on posters and/or papers for publication. Opportunities to assist with clinical research investigating differential diagnosis; improving diagnostic screening and cognitive profiles and emotion in Veteran’s with mild cognitive impairment, neurodegenerative illness (AD, VaD), TBI, Stroke (vascular risk factors), and PBA.

Outpatient Mental Health at Community Based Outpatient Clinics (CBOCs)
Primary Supervisors: Juliet Hung, Ph.D., A.B.P.P. & Amy Potts, Ph.D.
Adjunct Supervisors: Leigh Messinides, Ph.D. & Tara Nyasio, Psy.D
Program: Trainees can choose a specific emphasis area within the Outpatient Mental Health CBOC program based on the emphases provided by supervisors’ descriptions below.

Santa Ana CBOC (Juliet Hung, Ph.D., A.B.P.P, Leigh Messinides, Ph.D., & Tara Nyasio, Psy.D.): The Santa Ana CBOC is 16 miles east of VA Long Beach, which is about a 30-minute drive. Drs. Hung, Nyasio and Messinides are the clinical staff psychologists stationed there. 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. While Dr. Hung will serve as the primary supervisor, there may be opportunities to consult with and co-lead groups with Drs. Messinides and Nyasio.

EBP opportunities: The staff psychologists are trained in CBT-D, CBT-I, Seeking Safety, PE, and CPT. Trainees would work closely with an interdisciplinary team consisting of Psychiatry, Psychiatric Nurse Practitioner, RN, addiction therapist and our Addictions Therapist. We are co-located with primary care allowing ease of coordination for medical and mental health issues. This is also an opportunity to provide services using clinical video-teleconferencing (CVT).

Assessment opportunities (Dr. Hung): PAI, MMPI-2, MCMI, CAPS, ADHD evaluation, neuropsych evaluation, dissociative disorder evals, SCID, TAT, Rorschach, etc.

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 for CBT Depression (blended group model group). She also has a long-standing interest in psychodynamic psychotherapy, forensic psychology and assessment and psychological testing in characterological disorders. Dr. Hung facilitates several EBP groups (i.e., CBT I, CPT, CPAP, CBT Dep) that are open for trainees to participate. Dr. Nyasio is the most recent psychologist to join the mental health team at the Santa Ana CBOC. Her 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 pre-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. 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. 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. 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 a multidisciplinary team of psychologists, social worker, nurses, primary care physicians, and an addiction therapist.

Whittier CBOC (Amy Potts, Ph.D.) A second Whittier CBOC psychologist is in the process of being hired and may be an available supervisor for the 2018-2019 training year: The Whittier CBOC is 14 miles north of VA Long Beach (via the 605 freeway), which is about a 25-30 minute drive. Drs. Hilleary and Potts are the clinical staff psychologists stationed there. The psychology service at the CBOC functions as a general outpatient center with both group and individual therapy options available, serving Veterans with a 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 Whittier CBOC...
offer a variety of treatment options, including evidence-based psychotherapies on both a group and individual outpatient basis.

**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), and Stress Inoculation Training (SIT).

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

**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. 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, and issues surrounding medication compliance. The clinic offers the opportunity to be part of a multidisciplinary team that includes psychologists, psychiatrists, social workers, nurses, and primary care physicians.

**Psychosocial Rehabilitation and Recovery Program (aka MH Pathways Recovery Center)**

*Primary Supervisor: Richard Tingey, Ph.D.*

**Program:** The MH Pathways Recovery Center (PRC) blends active mental health treatment with practical rehabilitation and recovery work. As part of our healthcare facility’s mental health services, it provides continuity of care between the inpatient units/acute care and other less intensive outpatient programs, and care to Veterans whose functioning is notably impaired because of a severe mental health condition. The goal is to decrease distress, enhance skillful living and foster community reintegration. The center is intended for Veterans dealing with severe and chronic mental health conditions such as schizophrenia, schizoaffective disorder, severe depression, bipolar disorder or other seriously disabling conditions. The programming is designed to assist them in moving the focus of their life away from their mental health issues & subsequent distress, and towards functioning in a meaningful way within their community. We also provide concurrent treatment for clients who also have a drug or alcohol problem via our Addictions Treatment Track. The PRC assists Veterans in making the psychological, emotional, and social transition towards MH recovery; particularly when it cannot be achieved using more traditional outpatient services. We have an excellent interprofessional team (psychologist, psychosocial rehab fellow, psychiatrist, nurses, MH health technician, and peer support specialist) that provides exceptional care and really enjoys the opportunity to work with pre-interns.

**Psychology Training Provided:** Pre-interns can leave the PRC having done almost everything the regular staff members do. They conduct intake assessments, provide individual and group psychotherapy, case coordination, crisis intervention, treatment/recovery planning, psychological evaluations, community integration, discharge planning, and present in interdisciplinary rounds. They may choose to emphasize specific areas or opt to sample it all.

**Evidence-based Practices:** Opportunities to learn EBP’s are available via our ACT for Psychosis and our DBT for Psychosis Groups. Application of these approaches in individual Tx is also provided. Pre-interns have the opportunity to lead groups on their own, or team up with other staff members. These many experiences are spread through the rotation to give the pre-intern time to adjust and reflect on their experience. The staff members are quite flexible and are very skilled at providing the type of training the pre-intern seeks.
Program for Traumatic Stress (Combat PTSD)
Primary Supervisors: Shelly Crosby, Psy.D., Nathaniel Hawkins, Ph.D., John Huang, Ph.D., Deirdre Lopez, Ph.D., & Jessica Naughton, Ph.D.

Program: Trainees can choose a specific emphasis area within the combat PTSD program based on the emphases provided by supervisors’ descriptions below.

PTSD and LGBT/Diversity (Shelly Crosby, Psy.D.): Dr. Crosby completed her Postdoctoral fellowship with the Combat PTSD team, and returned to work at LBVA in the fall of 2015. Dr. Crosby is involved in many aspects of the Combat PTSD program including intake assessment, individual therapy, and group therapy. Trainees working with Dr. Crosby will have opportunities to receive supervision in evidence-based individual therapy (e.g. Cognitive Processing Therapy, Prolonged Exposure, and CBT for insomnia) as well as opportunities to co-lead Combat-PTSD treatment group(s) including CBT Skills for Depression & PTSD (Tuesdays 9-10am) and Cognitive Processing Therapy (Tuesdays 10-11:30am). In addition, Dr. Crosby is currently providing coverage for the Seeking Safety group for PTSD and Substance Use Disorders (Mondays 1:30-3pm). On this rotation, trainees will also attend the weekly PTSD team meeting (Wednesdays 8-9am) and PTSD didactics (2nd and 4th Thursdays 12-1pm).

In addition to her role with the combat PTSD program, Dr. Crosby co-leads the LGBTQ Support Group within General Mental Health. Dr. Crosby is also active with the Mental Health Multicultural Diversity Committee, and was recently selected as the Mental Health LGBT Clinical Care Coordinator/Point of Contact for Veterans at LBVA. Trainees working with Dr. Crosby may have opportunities to be involved in LGBTQ and/or Diversity activities, depending on training goals and schedule availability.

PTSD and Acceptance and Commitment Therapy (ACT; Nathaniel Hawkins, Ph.D.): Dr. Hawkins specializes in evidence-based cognitive behavioral therapies, including Cognitive Processing Therapy (CPT), Prolonged Exposure (PE) Therapy for PTSD, Acceptance and Commitment Therapy (ACT) for PTSD. He leads a CPT group, ACT for PTSD Group and short-term PTSD Symptoms Management group designed to provide psychoeducation, assess Veterans’ motivation for treatment, introduce effective and healthy coping skills, and develop future PTSD treatment plans. Psychology trainees would have the opportunity to co-lead these groups and be supervised in these modalities. Dr. Hawkins also co-leads a LGBTQ Support Groups within the Psychology Department. Dr. Hawkins’ other clinical interests include the treatment of other trauma related disorders, military and childhood sexual trauma, posttraumatic resilience, PTSD family support, substance use disorders, transgender care, and LGBT issues.

PTSD and Mindfulness (John Huang, Ph.D.): Dr. Huang conducts a 12-week closed Combat PTSD Group which focuses on group process and psycho-educational topics. It is a group generally ranging from 10-15 people, with an emphasis on forming a group alliance and teaching coping skills. He also leads the Mindfulness and PTSD group, which focuses on the practice of mindfulness in dealing with PTSD and general stress. Mindfulness is a type of meditation with three main components: focusing on the present moment, using full awareness, and having a non-judgmental, accepting attitude. He facilitates a tai chi group (a slow-moving, meditative martial art) for combat vets, as well as a drum circle, which helps with behavioral activation, a sense of connection, and brain plasticity. Dr. Huang also conducts a relaxation group, a Cognitive Processing Therapy (CPT) group and a CBT for Insomnia group. He sees a number of individual patients, using modalities such as CPT and Prolonged Exposure (PE) to do trauma-focused work. He is also trained in Eye Movement Desensitization Reprocessing (EMDR) for treating trauma and Acceptance and Commitment Therapy (ACT). Another one of Dr. Huang’s interests is spirituality and psychology, especially in how spirituality facilitates coping, healing, and creating meaning. Pre-interns will have the opportunity to co-lead the combat PTSD, CPT, relaxation, and Mindfulness and PTSD groups. Pre-interns would help facilitate the group process as well as lead some of the mindfulness and relaxation exercises. They would have an opportunity to learn CBT for insomnia if interested. They would also conduct intakes as well as individual therapy with this population. Dr. Huang would be able to supervise the trainee on CPT, PE, and ACT if the pre-interns’ individual patients are good candidates for the treatments. Required dates and times on the rotation include: Mindfulness Wednesdays 9am-10am, Cognitive Processing Therapy Tuesdays 1-230pm (for 13 wks), PTSD team
meeting Wednesdays 8am-9am, PTSD didactics 2nd and 4th Thursdays of the month 12-1pm, and 12-week combat PTSD group Fridays 10-11am. However, time conflicts may be able to be worked out.

**PTSD (Deirdre Lopez, Ph.D.):** Dr. Lopez provides opportunities for trainees to conduct intakes, Prolonged Exposure Therapy with individuals, and Cognitive Processing Therapy with individuals and/or in a group format. She also facilitates a Women’s Combat PTSD group on Thursday evenings from 4:30 to 6pm and will be starting a group for moral injury related to combat trauma in the Fall of 2016. Trainees are welcome to co-facilitate both/either of these groups. Dr. Lopez’s interests include EMDR therapy, resilience, posttraumatic growth, cultural attachment/belonging related to transitioning from “soldier to civilian,” and moral injury. She aspires to create a group for treatment graduates who have identified “giving back” as a meaningful life value, and who wish to live this value fully through service to other Veterans.

**PTSD and Substance Use Disorders (PTSD/SUD; Jessie Naughton, Ph.D.):** Dr. Naughton serves as the PTSD/SUD coordinator, with her rotation allowing psychology pre-interns to gain experience in treating Veterans with PTSD, as well as those with co-occurring combat PTSD and Substance Use Disorders. Group and individual psychotherapies are available to Veterans of all eras who wish to manage their substance use or become abstinent entirely. Group therapy, which is designed to create and maintain patient stabilization, is psycho-educational in nature and provides participants with information about the link between substance abuse/dependence and PTSD, coping strategies for both disorders, and process time for related issues. After stabilization, Veterans can opt to do additional trauma-focused work. Those working with Dr. Naughton will have the opportunity to conduct intake assessments and provide trauma-focused therapy in individual and group formats. Dr. Naughton is trained in PE (Prolonged Exposure) and CPT (Cognitive Processing Therapy), with pre-interns having the ability to receive supervision in these evidence-based treatments, as well as more integrative approaches to trauma treatment. She facilitates a CPT group and two Seeking Safety groups, which use a harm reduction approach to treat Veterans with co-occurring PTSD and SUD difficulties. Pre-interns will have the opportunity to co-lead this group within the PTSD clinic setting (Mon 12-1pm) and potentially at the VVRC (SUD residential treatment center, Wed 11-12pm). Dr. Naughton’s additional interests include mindfulness, working with MST (Military Sexual Trauma), and integrative approaches to trauma-focused therapy.

**EBP Opportunities:** CPT, PE, ACT for PTSD, MI, Seeking Safety, IPT, Time Limited Dynamic Therapy (TLDP), CBT-Insomnia

**Assessment Opportunities:** CAPS for PTSD

**Spinal Cord Injury/Dysfunction (SCI/D)**

*Primary Supervisors:* Sarah Brindle, Ph.D., David Kerner, Ph.D., Linda Mona, Ph.D., and 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:** Pre-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. Pre-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 pre-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:** ROLLS new injury group for acute rehabilitation patients, Spirituality group. Both groups are facilitated by Dr. Brindle.

**Women’s Mental Health Center (WMHC) & Trauma**

*Primary Supervisors: Linda R. Baggett, Ph.D., Gretchen L. Sholty, Ph.D., & Camila R. Williams, Ph.D. (A fourth WMHC psychologist is in the process of being hired and may be an available supervisor for the 2018-2019 training year).*
Program: Founded in January 2005 through a VA Special Needs Grant, the Women's Mental Health Center (WMHC) serves women Veterans by providing 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 is comprised of three (soon to be four) psychologists, two licensed marriage and family therapists, certified yoga therapist, licensed clinical social worker, and a program support assistant.

Outpatient Psychotherapy
The Women’s Mental Health Center 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, Psychodynamic/Interpersonal Process Psychotherapy, Interpersonal Therapy for Depression, and Seeking Safety.

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

- Trauma Skills Group
- Mood Group (CBT and ACT for depression)
- Cognitive Processing Therapy for PTSD
- Women’s Combat Support Group
- Dialectical Behavioral Skills Group
- Managing Behavior and Affect Group
- Relationships Skills
- Food for Thought (developing a healthy relationship with food)
- Intimacy Recovery
- Seeking Safety (PTSD and Substance Use Disorders)
- Relaxation/Mindfulness group
- Yoga
- Mantram Repetition
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Anger Management

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 pre-interns will get both generalist training, as well as specialty training in trauma treatment and gender-specific care. Pre-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 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, pre-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, and weekly didactics, which are a combination of case presentations, didactic presentations, and journal club. Staff meeting is held on Mondays at 9am in which trainees are encouraged to 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), Interpersonal Therapy for Depression (IPT), Acceptance and Commitment Therapy (ACT), Seeking Safety, Prolonged Exposure.
Assessment opportunities: PAI, MMPI-2, MCMI, CAPS, SCID, MoCA, assessment battery for assessing borderline personality disorder, sexual health 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, such as the severely mentally ill, dually diagnosed patients or primarily women.

It is expected that upon completion of the program, all pre-interns will demonstrate competence as defined by the APA Commission on Accreditation. 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 use a standardized Long Beach VA 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 differ depending on 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 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 Lab, which includes a wide variety of psychological assessment instruments and test scoring programs.

Administrative Policies and Procedures

Due Process: All trainees are afforded the right to due process in matters of problematic behavior and grievances. An 8-page due process document is distributed to every pre-intern during orientation and reviewed with them subsequently. A copy of our due process policy is available on request.

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

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

### Class of 2017-2018
- Melabi Ampomah: Rosemead School of Psychology
- Morgan Bartholomew: UCLA
- Helene Diamond: Pepperdine University
- Nicholle Johnston: Rosemead School of Psychology
- Susannah Kondrath: Fuller School of Psychology
- Jefferson Pou: Rosemead School of Psychology
- Erin Santos: Pepperdine University
- Alexandra Tanner: UCLA

### Class of 2016-2017
- Meredith Blackburn: Fuller School of Psychology
- Jason Cencirulo: Pepperdine University
- Gregory Foley: Fuller School of Psychology
- Tara Guarino Fairbanks: Fuller School of Psychology
- Lilian Medina Del Rio: Rosemead School of Psychology
- Kelly Miller: USC
- Ariel Reid: Fuller School of Psychology
- Jon Rugg: Rosemead School of Psychology
- Christopher Schadt: Rosemead School of Psychology
- Rachel Weller: Pepperdine University

### Class of 2015-2016
- Tyonna Adams: Pepperdine University
- Meredith Blackburn: Fuller School of Psychology
- Kristen Eliason: Rosemead School of Psychology
- William Orme: Rosemead School of Psychology
- David Pyo: Fuller School of Psychology
- Mario Souza: Pepperdine University

### Class of 2014-2015
- Sean Agopian: Pepperdine University
- Anthea Gray: Pepperdine University
- Ahoo Karimian: Pepperdine University
- Vance Kunze: Rosemead School of Psychology
- Deniz Mustafaglou: Pepperdine University
- Nina Tilka: Rosemead School of Psychology

### Class of 2013-2014
- Rachael Green: Fuller School of Psychology
- Phil Nelson: Rosemead School of Psychology
- JB Robinson: Fuller School of Psychology
- Elizabeth Romero: Pepperdine University
- Quyen Sklar: Rosemead School of Psychology
- Via Strong: Pepperdien University

### Class of 2012-2013
- Alyssa Aguilar: Rosemead School of Psychology
- Alison Conway: Pepperdine University
- Kenneth Davis: Rosemead School of Psychology
- Carey Incledon: Pepperdine University
- Adrienne Meier: Fuller School of Psychology
- Ashley Wilkins: Fuller School of Psychology
Class of 2011-2012
Justin Baker
Kelsy Clark
Megan Gomez
Thomas Hanson
Christopher Ogle
Kristopher Thomas

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

Class of 2010-2011
Timothy Arensen
Lisa Finlay
Daniel Kim
Sam Park
Francesca Parker
Kimberly Smith

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

Class of 2009-2010
Kathryn Harrell
Caroline Kelly
Kerri Schutz
Jennifer Thiessen
Amy Verbonich
Elizabeth Welsh

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

Class of 2008-2009
Dan Combs
Lauren Lopez
Lauren Lovato
Sarah Reiner
Hana Shin
Karen Torres

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

Class of 2007-2008
Katy Jakle
Jeanette Lantz
Grace Lee
Robert Pate
Rogelio Serrano

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

Class of 2006-2007
Jamie Bedics
Rebecca Harvey
Heather Himes
Christine Kang
David Schafer

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

Class of 2005-2006
Robert Braese
Christopher Laviola
Lisa Mitchell
Daniel Pelton
Angela Yi

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

Class of 2004-2005
Bryan Goudelock  Fuller School of Psychology  
Paul Hewitt  Rosemead School of Psychology  
Sharon Hsu  Rosemead School of Psychology  
Alisha Ledie  Rosemead School of Psychology  
Karen Molano  Pepperdine University  
Miatta Snetter  Pepperdine University  
Katherine Walker  Pepperdine University  

**Class of 2003-2004**  
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  
Michle Zeller  Pepperdien University  

**Class of 2001-2002**  
Russell Carroll  Pepperdine University  
Lori Haas  Pepperdine University  
Allen Killian  Fuller School of Psychology  
Kimberly Miller  Pepperdine University  
Elizabeth Osborn  Rosead 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 Center & 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: Integrative (e.g., Interpersonal/Psychodynamic psychotherapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT).
Areas of Clinical Specialization: Women’s Mental Health, Military Sexual Trauma (MST), Trauma/PTSD, Sexual Health, LGBTQ community, diversity, reproductive health.
Publications: sexual health, body image, diversity, trauma treatment
Professional Organizations: American Psychological Association
Teaching/Training Interests: Women’s Mental Health, Military Sexual Trauma (MST), Trauma/PTSD, Sexual Health, LGBTQ community, diversity, reproductive health, and professional development.

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: women’s health psychology, sexual coercion, sexuality and disability, women and SCI/disability
Professional Organizations: American Psychological Association
Teaching/Training interests: Rehabilitation psychology, vicarious traumatization/burnout, integrating spirituality in treatment.

CASKEY, Nicholas
Current VA Position: Chief Psychologist
Training Rotation: N/A
Area of specialization: Anger Management, Suicide, Mental Health administration
Degree: Ph.D., UCLA, 1987
Internship: Didi Hirsch Community Mental Health Center, 1979-80, VA Sepulveda Medical Center, 1981
Postgraduate Research Psychologist, Dept. of Psychiatry and Biobehavioral Sciences, UCLA, 1988-1993
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
Publications/presentations: Psychopharmacology related to smoking and nicotine, suicide, psychotherapy research, homelessness in Veterans, violence in close relationships (dissertation) Professional Interests: Program Development, Performance Measures, Leadership Activities

COLE, Kenneth D.
Present VA Position: Staff Psychologist, Mental Health Treatment Center
Training Rotation: N/A
Area of specialization: Clinical Psychology, Adult Development and Aging
Degree: Ph.D., University of Southern California, 1981
VA hire: 1984
E-mail address: kenneth.cole@va.gov
Licensure: California (1983)
Theoretical orientation: Mindfulness-based third wave psychotherapies
Areas of clinical specialization: Acceptance and Commitment Therapy, lifespan development
Publications: Interprofessional models of team care; Evaluation of health care teams in training settings; depression in the elderly and in nursing home settings
Research interests: Exploration of use of ACT treatment with various problems and stages in life
Academic appointments: Clinical Associate Professor, University of Southern California (USC); Fuller Graduate School of Psychology

This document may contain links to sites external to Department of Veterans Affairs.
VA does not endorse and is not responsible for the content of the external linked websites.
Professional organizations: American Psychological Association; Assn of Contextual Behavioral Science
Teaching/training interests: Mindfulness-based treatment approaches and psychodynamic psychotherapy models

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
Post doctoral 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); trained in Prolonged Exposure, 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.

DILL, Lauren
Present VA Position: Staff Psychologist
Training rotation: Community Living Center (CLC) & Geriatric Evaluation and Management (GEM)
Clinical Psychology (PhD)
Degree: 2011, Fuller Graduate School of Psychology
VA hire: 2012
E-mail address: Lauren.dill@va.gov
Licensure: CA, 2012
Theoretical orientation: Behavioral, Cognitive-Behavioral, Third Wave
Areas of clinical specialization: Geropsychology, Neuropsychology, Health and Rehabilitation, Disability/Forensic Evaluation
Publications/Research interests: Cognitive screening, Verbal Fluency, Alzheimer’s disease
Teaching/training interests: Assessment (Neuropsychological, capacity, personality, disability), Spirituality and Mindfulness, Legal/Ethical Considerations with Aging population, Dementia education and interventions

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
Theoretical orientation: Presentation specific: EFCT, CBCT-PTSD, CBT, CPT, ACT, Psychodynamic
Areas of clinical specialization: Couples Therapy, Clinical Military Psychology
Publications/Research interests: Combat-specific coping and implications for treatment; Implementation of conjoint therapies to treat refractory PTSD symptoms; Connectedness as a modulator for resiliency
Teaching/training interests: Focus on EFCT, CBCT-PTSD, CBT, ACT, CPT, EMDR, and PE

GEREN, Jennifer
Present VA Position: Staff Psychologist
Training rotation: Adjunct Supervisor in Community Living Center (CLC) & Geriatric Evaluation and Management (GEM)
Clinical Psychology (PhD)
Degree: 2013, University of Southern California
VA hire: 2015
E-mail address: Jennifer.Geren@va.gov
Licensure: CA, 2014
Theoretical orientation: Behavioral, Cognitive-Behavioral including 3rd wave therapies, Family Systems
Areas of clinical specialization: Geropsychology, Health Psychology/Behavioral Medicine, Hospice and Palliative Care
Publications/Research interests: aging and emotion, couples coping with chronic health problems, psychotherapy with older adults
Teaching/training interests: Evidence-based psychotherapy with older adults, neuropsychological assessment, capacity assessment, end-of-life care, interdisciplinary team functioning and consultation, program development for residents with dementia, ethical issues concerning older adult care.

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
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
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 CBOC
Training Rotation: Santa Ana CBOC
Area of Specialization: Clinical Psychology, trauma, EBP, psychodynamic, and psychological testing
Degree PhD, 2000, California School of Professional Psychology (CSPP – LA Campus)
APPA 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, forensic psychology, assessment and treatment of characterological disorders, trauma-related disorders, depression and disordered eating behaviors.

KERNER, David N.
Current VA Position: Staff Psychologist, Spinal Cord Injury/Disorder
Training Rotation: Spinal Cord Injury/Disorder
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
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, Co-Director of Neuropsychology Clinic
Training Rotation: Neuropsychology
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)
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, Deirdre
Present VA Position: Staff Psychologist
Training Rotation: Combat PTSD program
Area of specialization: Clinical Psychology
Degree: Ph.D, University of Missouri--Columbia, 1996
VA hire: 2009
E-mail address: deirdre.lopez2@va.gov
Licensure: CA 17810, 2002 (prior licensure in Missouri)
Theoretical orientation: Humanistic, cognitive-behavioral, psychodynamic
Areas of clinical specialization: Trauma and PTSD
Publications/Research interests: Trauma and attachment, moral injury, somatic trauma processing, EMDR
Teaching/training interests: EMDR, moral injury, professional development, mental health administration

LOVATO JACKSON, Lauren
Current VA Position: Staff Psychologist
Training Rotation: BHIP
Area of Specialization: Clinical Psychology
Degree: Psy.D., Pepperdine University, 2010
VA hire: 2015
E-mail Address: lauren.lovatojackson@va.gov
Licensure: California (2012)
Theoretical Orientation: CBT/DBT
Areas of Clinical Specialization: Trauma-focused treatments including Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE); treatment of Borderline Personality Disorder (BPD) using Dialectical Behavior Therapy (DBT); Treatment of BPD and PTSD using the DBT+PE conjoint protocol; treatment of chronic depression using Cognitive Behavioral Analysis System of Psychotherapy (CBASP)
Publications/Research interests: Treatment of individuals with co-occurring Posttraumatic Stress Disorder and Borderline Personality Disorder; Clinician implementation of exposure-based treatments for PTSD.
Teaching/training interests: Case-conceptualization driven treatment; DBT; DBT+PE; CBASP

MCDOUGALL, Tatiana V.
Present VA Position: Staff Psychologist; Couples and Family Therapy
Training Rotation: Couples and Family Therapy
Area of specialization: Clinical/Community and Applied Social Psychology
Degree: Ph.D., University of Maryland, Baltimore County, 2014
VA hire: 2015
E-mail address: tatiana.mc dougall@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, Dialectical Behavior Therapy, Mindfulness-based approaches, 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 (EFCT), and mindfulness-based approaches

MESSINIDES, Leigh A.
Present VA Position: Staff Psychologist, Local Evidence-Based Psychotherapy Coordinator
Training Rotation: Adjunct Supervisor for Santa Ana Community Based Outpatient Clinic
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/Dysfunction
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, PTSD and SCI, Disability Policy
Professional Organizations: American Psychological Association, American Association of Sex Educators, Counselors, and Therapists
Teaching/Training interests: Psychology of disability, rehabilitation psychology, sexual expression and sex therapy, diversity issues and cross-cultural psychology

**NAUGHTON, Jessica**
Current VA Position: Staff Psychologist
Training Rotation: Combat PTSD
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)
Areas of Clinical Specialization: Trauma and PTSD
Publications/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, Whittier CBOC
Training Rotation: Whittier CBOC
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), 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.
REGER, Stacy L.
Current VA Position: Staff Psychologist, Spinal Cord Injury/Disorder
Training Rotation: Spinal Cord Injury/Dysfunction
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
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 & Postdoctoral Training Director
Training Rotation: Health and Wellness
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, biofeedback, MI

SHOLTY, Gretchen L.
Current VA Position: Staff Psychologist, Women’s Mental Health Center; Director- Psychology Training Program
Training Rotation: Women’s Mental Health Center & Trauma
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 Professional Organizations: American Psychological Association
Teaching/Training interests: Professional Development, Women’s Mental Health, Military Sexual Trauma, DBT, Recovery-oriented programming, professional development

TINGEY, Richard C.
Present VA Position: Staff Psychologist; Director, Pathways Recovery Center
Training Rotation: Psychosocial Rehabilitation & Recovery Program (PRRC; aka MH Pathways Recovery Center)
Area of Specialization: Clinical Psychology
Degree: Ph.D., Brigham Young University, 1989
VA Hire: 1995
E-mail address: richard.tingey@va.gov
Licensure: California (1991)
Theoretical Orientation: Acceptance & Commitment Therapy (ACT), Psychodynamic, Object Relations,
Dialectical Behavioral Therapy (DBT)
Areas of Clinical Specialization: Severe chronic mental illness, addictive disorders
Publications: Psychotherapy outcome, outcome methodology
Research Interests: Therapy outcome, brief treatment, treatment efficacy, ACT, substance abuse
Professional Organizations: Association for Contextual Behavioral Science, American Psychological Association.
Teaching Interests: Group psychotherapy, ACT, DBT, Psychodynamic Tx, SA treatment, Recovery from Severe Mental Illness

WELSH, Elizabeth
Current VA Position: Staff Psychologist
Training Rotation: BHIP
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 models, transgender mental health
Teaching/training interests: DBT, transgender mental health, eating disorders

WILLIAMS, Camila R.
Current VA Position: Staff Psychologist, Women’s Mental Health Center
Training Rotation: Women’s Mental Health Center & Trauma
Area of Specialization: Clinical 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)
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
Training Rotation: 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, Collaboration within Interdisciplinary Teams

YAMINI-BENJAMIN, Yasmeen  
Present VA Position: Staff Psychologist and Diversity Didactic Seminar Coordinator  
Training Rotation: N/A  
Area of specialization: Counseling Psychology  
Degree: Ph.D., University of California, Santa Barbara, 2006  
VA hire: 2009  
E-mail address: Yasmeen.yamini-benjamin@va.gov  
Licensure: NY, 2010; CA, 2016  
Theoretical orientation: Integrative (Cognitive Behavioral Therapy, Interpersonal Process, and Gestalt)  
Areas of clinical specialization: PTSD, Depression, and General Anxiety Disorders  
Research interests: Work Adjustment, Impacts of Perceived Discrimination, and Social Status  
Teaching/training interests: Professional Development, Diversity, Depression, PTSD, and General Anxiety Disorders

ZIZAK, Vanessa S.  
Present VA Position: Neuropsychologist  
Training Rotation: Neuropsychology  
Area of specialization: Clinical Neuropsychology  
Degree: Ph.D.: Palo Alto University, 2010  
VA hire: 2012  
E-mail address: Vanessa.Zizak@va.gov  
Licensure: California (2014)  
Theoretical orientation: Integrative (CBT/ Biopsychosocial model)  
Areas of clinical specialization: Neuropsychological Assessment for adults across the life-span  
Publications: Cognition and emotion in patients with MCI, Alzheimer’s, Parkinson’s, and Huntington’s disease; depression, TBI, and in pre and post bariatric surgery patients.  
Professional Organizations: APA, NAN, INS  
Teaching/Training interests: Neuropsychological Assessment, Performance Validity Test, and Clinical Research

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](http://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.

**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 the 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 Sue Suh in the Psychology office (A-200).
- The Director of Training is in the office within her office, A-201.
- 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.