

2024-2025

# **UCSD/VA PSYCHOLOGY INTERNSHIP TRAINING PROGRAM**

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

Co-Directors  
Christina Wierenga, Ph.D.  
Elizabeth Wrape, Ph.D.

Applicant Manual

Last Updated August 2023

Dear Prospective Applicant,

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

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

Our full-time internship has been accredited by APA since 1986 (Further information about accreditation of this program can be found at: Office of Program Consultation and Accreditation, American Psychological Association, 750 First Street, N.E., Washington, DC 20002-4242, Phone: (202) 336-5979, Fax: (202) 336-5978, Email: [apaaccred@apa.org](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)). For the 2024-2025 year, interns will earn an annual stipend of \$37,694. Our competitive benefits, both for UCSD and for the VA, include health insurance, paid leave days, and paid holidays.

**Training:** The 2024-25 internship year will involve onsite, in-person patient care and training/supervision; virtual visits may still occur but the intern will deliver this care from onsite. We will continue to follow our institutional guidance regarding COVID-19 health and safety and adjust our training environment as needed. Interns are required to be “fully vaccinated” or have an approved exemption per the [UC vaccination policy](#). The VA, UCSD, and Rady Children’s Hospital have implemented strict infection control protocols that all employees, including trainees, are required to follow while on-site. Based on prevalence rates and Tier level of risk, protocols may include the use of PPE (mask and shield), the use of gloves and shoe covers in certain circumstances, as well as a daily assessment of health and fitness to work. Safety protocols will be enforced until such time as each institution judges the COVID infection risk to have been eliminated. Other yearly requirements, such as flu vaccines, will continue to be enforced.

The most up to date COVID policies can be found here: <https://returntolearn.ucsd.edu/index.html> for UCSD, or by clicking on the “COVID-19 Updates” button on the VA San Diego Intranet ([vaww.sandiego.va.gov](http://vaww.sandiego.va.gov)) for VA.



**Recruitment:** Recruitment for the class of 2024-25 will be strictly virtual. Our faculty will create virtual overviews for each cluster of rotations, i.e., trauma, addictions, specialty mental health, behavioral medicine, neuropsychology and child as well as a virtual overview of the program, in general. Faculty will meet with selected applicants in scheduled individual zoom interviews during interview week (**January 8-12, 2024**). Current interns will also be available

during interview week for zoom meetings.

**Hiring:** All interns in the UCSD/VA Psychology Internship Program are required to be fully vaccinated for COVID-19 or to have a valid medical or religious exemption. Specific policies for COVID vaccinations can be found here: [https://policy.ucop.edu/doc/5000695/SARS-CoV-2\\_Covid-19](https://policy.ucop.edu/doc/5000695/SARS-CoV-2_Covid-19)

In accordance with regulations established by the federal government, certain criteria have to be met by applicants who are interested in applying to those Positions within our internship that are exclusively housed within the VA. Please see Section 3 for a list of the all-VA Positions. **The criteria for VA applicants are as follows:**

1. U.S. citizenship. The VA is unable to consider applications from anyone who is not currently a U.S. citizen. Verification of citizenship is required following selection. All interns must complete a Certification of Citizenship in the United States prior to the start of training within the VA.
2. U.S. citizens who are completing APA- or CPA-accredited doctoral programs are eligible for appointment for VA Psychology Doctoral Internships.
3. Male applicants born after 12/31/1959 must have registered for the draft by age 26 to be eligible for any US government employment, including selection as a paid VA trainee. Male applicants must sign a pre-appointment Certification Statement for Selective Service Registration before they can be processed into a training program. Exceptions can be granted only by the US Office of Personnel Management; exceptions are very rarely granted. Male, for this purpose, is any individual born male on their birth certificate regardless of current gender.
4. Interns are subject to fingerprinting and background checks. Match result and selection decisions are contingent on passing these screens.
5. The VA conducts drug screening exams on randomly selected personnel as well as new employees. Interns are not required to be tested prior to beginning work, but once on staff they are subject to random selection for testing as are other employees. Detailed information about this policy can be found here: [VA Drug-Free Workplace Program Guide for Veterans Health Administration Health Professions Trainees](#)
6. To comply with federal and VA rules and provide interns with liability protection, a current and valid Affiliation Agreement between the VA and the sponsoring doctoral program must be on file before an intern can be appointed. While most APA-accredited doctoral programs already have an agreement on file, it is important that you confirm with your doctoral program, before application, that a valid affiliation agreement has been established. More information is available at: <http://www.va.gov/oaa/agreements.asp> (see section on psychology internships).
7. A Trainee Qualifications and Credential Verification Letter (TQCVL) from the intern's home institution is also required. More information on the specific requirements within the TQCVL can be found at: <https://www.va.gov/oaa/TQCVL.asp>



Those applicants applying for Positions housed exclusively within UCSD and affiliated clinics (Rady Children’s Hospital) must also meet employment criteria. Please see Section 3 for a list of all-UCSD Positions. **The criteria for UCSD/Rady Children’s Hospital applicants are:**

1. Interns are subject to fingerprinting and background checks and drug screening exams. Individuals with convictions related to job duties are at particular risk of not passing the background check. Individuals with a positive drug screen will undergo further review by the Medical Review Office. Match result and selection decisions are contingent on passing these screens.
2. Interns must pass a physical exam and show proof of TB testing. Positive TB tests undergo further review by the Center for Occupational and Environmental Medicine to determine the course of action.

**Positions:** Each of our 19 Positions is comprised of **two half-time, year-long placements. Each of Position has a separate APPIC match number.** The list of these 19 Positions, the placements associated with them, and the corresponding APPIC match number is below, and detailed descriptions of each placement and the supervising faculty can be found in Section 3. Please note that 12 Positions are all-VA, i.e., each half of the position is in a clinic located with the VA and falls under VA hiring/HR, and 7 positions are all-UCSD, i.e., each half of the position is in a clinic located within UCSD and falls under UCSD hiring/HR. When an applicant matches to the UCSD/VA Psychology Internship, he/she/they will match into a specific Position. **Placement combinations are fixed and cannot be changed from what is listed here.**

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

## POSITIONS FOR THE 2024-2025 TRAINING YEAR

|                       |    | Placement A  | Placement B  |              |
|-----------------------|----|--|--|--------------|
| Match #               |    | VA Positions   |  | Description: |
| 112536                | 1  | VA Behavioral Medicine: Pain, Diabetes and Weight Control (Rutledge)                 | VA Spinal Cord Injuries and Disorders Center (Clark)   | Pg. 29       |
| 112523                | 2  | VA General Behavioral Medicine and Pain Psychology (Greco)                           | VA General Behavioral Medicine and Diabetes Psychology (Wooldridge)                              | Pg. 31       |
| 112527                | 3  | VA Family Mental Health Community of Practice (Wrape)                                | VA Mood Clinic (Depp/McKenna)  | Pg. 35       |
| 112535                | 4  | VA PTSD Clinical Team (Luciano)  | VA Mood Clinic (Depp/McKenna)  | Pg. 38       |
| 112515                | 5  | VA PTSD Clinical Team (Campbell)   | VA Alcohol and Drug Treatment Program (ADTP) (Correa)  | Pg. 40       |
| 112532                | 6  | VA PTSD Clinical Team (Pearlstein)   | Dual Diagnosis Recovery Program (DDRP) (McDonald)  | Pg. 41       |
| 112537                | 7  | VA Substance Abuse Rehabilitation and Recovery Treatment Program (SARRTP) (Stagnaro) | VA Behavioral Health Interdisciplinary Program (BHIP) La Jolla (Castriotta)                      | Pg. 43       |
| 112530                | 8  | VA Behavioral Health Interdisciplinary Program (BHIP) Kearny Mesa (Kassab)           | VA Neuromodulation Program (Perivoliotis, Bismark)   | Pg. 46       |
| 112524                | 9  | VA Neuropsychological Assessment Unit (Bangen/Bondi/Delano-Wood/Jak)                 | VA Primary Care Mental Health Integration (PCMHI) (Felleman)                                     | Pg. 49       |
| 112534                | 10 | VA Neuropsychological Assessment Unit (Bangen/Bondi/Delano-Wood/Jak)                 | VA TBI Cognitive Rehabilitation Clinic/ VA Neuropsychological Assessment Unit (Jak)              | Pg. 53       |
| 112520                | 11 | VA Neuropsychological Assessment Unit (Bangen/Bondi/Delano-Wood//Jak)                | VA Inpatient Psychiatry (Bismark)  | Pg. 54       |
| 112521                | 12 | VA Telemental Health (Poizner)   | VA ASPIRE Center (Borders, Rimmele)  | Pg. 55       |
| <b>UCSD Positions</b> |    |  |  |              |
| 112528                | 13 | UCSD Medical Neuropsychology Cognitive Medicine Group (CMG) (Norman/Gooding)         | UCSD Center for Brain Health and Memory (CBHM) (Banks, Delano-Wood)                              | Pg. 58       |
| 112512                | 14 | UCSD Adult/Adolescent Eating Disorders Clinic (Anderson/Wierenga)                    | Rady Children's Pediatric Primary Care Mental Health Integration (PPCMHI) Mid-city (Schellinger) | Pg. 61       |
| 112512                | 15 | UCSD Adult/Adolescent Eating Disorders Clinic (Anderson/Wierenga)                    | Rady Children's Pediatric Primary Care Mental Health Integration (PPCMHI) Mid-city (Schellinger) | Pg. 65       |
| 112538                | 16 | UCSD Adult/Adolescent Eating Disorders Clinic (Anderson/Wierenga)                    | Rady Medical Behavioral Unit (MBU) (Maginot)   | Pg. 65       |
| 112511                | 17 | Rady Child Outpatient Psychiatry (Williams)  | UCSD Peds/Adolescent Eating Disorders Clinic (Ramirez/Wierenga)                                  | Pg. 66       |
| 112519                | 18 | Rady Child Outpatient Psychiatry (Williams)  | Rady Pediatric-Medical Psych (Nguyen)  | Pg. 69       |
| 112513                | 19 | UCSD Center for Pain Medicine (Serdarevic)   | UCSD Center for Healthy Eating and Activity Research (CHEAR) (Eichen)                            | Pg. 71       |

**Application Procedures:** The internship year begins on July 1, 2024. The application deadline is November 1, 2023. By December 15, a select number of applicants will be invited for interviews scheduled in January. **Recruitment for the 2024-25 Internship Class will be entirely remote/virtual.**

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

Applicants are asked to **indicate up to three Positions** that define their primary interests and for which they wish to apply (see table above for the list of Positions). **Please clearly list the top 3 Positions of Interest in your cover letter and in the application portal.**

If you have questions about the application procedures, please call or email Britney Golden, our program coordinator.

Phone: 858-642-3228

Email: [Britney.golden@va.gov](mailto:Britney.golden@va.gov)

Or email the Co-Directors:

Dr. Christina Wierenga [cwierenga@health.ucsd.edu](mailto:cwierenga@health.ucsd.edu)

Dr. Elizabeth Wrape [Elizabeth.Wrape2@va.gov](mailto:Elizabeth.Wrape2@va.gov)

For more information, please see our website at:

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

Sincerely,

Drs. Christina Wierenga and Elizabeth Wrape  
Co-Directors, UCSD/VA Psychology Internship Training Program

**Internship Admissions, Support, and Initial Placement Data**

INTERNSHIP PROGRAM TABLES

**Date Program Tables are updated:** August 10, 2023

**Program Disclosures**

As articulated in Standard I.B.2, programs may have “admission and employment policies that directly relate to affiliation of purpose” that may be faith-based or secular in nature. However, such policies and practices must be disclosed to the public. Therefore, programs are asked to respond to the following question.

**Program Disclosures**

|   |   |
|---|---|
| <p><b>Does the program or institution require students, trainees, and/or staff (faculty) to comply with specific policies or practices related to the institution’s affiliation or purpose? Such policies or practices may include, but are not limited to, admissions, hiring, retention policies, and/or requirements for completion that express mission and values?</b></p> | <p><input type="checkbox"/> Yes<br/> <input checked="" type="checkbox"/> No</p> |
| <p><b>If yes, provide website link (or content from brochure) where this specific information is presented:</b></p>   |   |
| <p> </p>  |   |

**Internship Program Admissions**

|   |
|---|
| <p><b>Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program’s policies on intern selection and practicum and academic preparation requirements:</b></p>   |
| <p>Our Internship Program trains doctoral candidates to function as autonomous psychologists in healthcare settings that place a strong emphasis on teaching and research, using the Boulder, Scientist-Practitioner Model. As such, we attempt to recruit students with balanced experiences in both clinical and research domains rather than students with a predominantly clinical professional focus. The majority of our interns develop careers that include a research component.</p> |

|  |            |           |                    |
|--|------------|-----------|--------------------|
| <p><b>Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:</b></p> |            |           |                    |
| <p>Total Direct Contact Intervention Hours</p>   | <p>YES</p> | <p>NO</p> | <p>Amount: N/A</p> |
| <p>Total Direct Contact Assessment Hours</p>   | <p>YES</p> | <p>NO</p> | <p>Amount: N/A</p> |

**Describe any other required minimum criteria used to screen applicants:**  
 Interns are expected to have completed at least three years of doctoral study before beginning the internship year, including at least 1,000 clinical practicum hours (includes all hours, direct, support, etc.); applicants must be on track to complete this requirement. Applicants should also have proposed their dissertation before applying to this internship. Only students who have completed their departments practicum requirements and whose department indicates that the student is ready for a doctoral internship should apply. Only applicants from APA or CPA accredited doctoral programs in clinical or counseling psychology will be considered.

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

|  |   |
|--|---|
| Annual Stipend/Salary for Full-time Interns  | \$37,694  |
| Annual Stipend/Salary for Half-time Interns  | N/A   |
| Program provides access to medical insurance for intern?   | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| <b>If access to medical insurance is provided:</b>   |   |
| Trainee contribution to cost required?   | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Coverage of family member(s) available?  | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Coverage of legally married partner available?   | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Coverage of domestic partner available?  | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Hours of Annual Paid Personal Time Off (PTO and/or Vacation)   | 13-20 days  |
| Hours of Annual Paid Sick Leave  | 8-12 days   |
| In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave? | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Other Benefits (please describe): Please see our brochure for full benefits/leave policies.  |   |

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



### Initial Post-Internship Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

|   | 2019-2022 |           |
|---|-----------|-----------|
| Total # of interns who were in the 3 cohorts  | 57        |           |
| Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree | 0         |           |
|   | <b>PD</b> | <b>EP</b> |
| Academic teaching   | 0         | 1         |
| Community mental health center  | 0         | 0         |
| Consortium  | 1         | 0         |
| University Counseling Center  | 0         | 0         |
| Hospital/Medical Center   | 19        | 1         |
| Veterans Affairs Health Care System   | 22        | 0         |
| Psychiatric facility  | 0         | 0         |
| Correctional facility   | 0         | 0         |
| Health maintenance organization   | 0         | 0         |
| School district/system  | 0         | 0         |
| Independent practice setting  | 1         | 0         |
| Other   | 12        | 0         |

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

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**Section**  
**1**

## General Overview

The University of California, San Diego (UCSD) School of Medicine, Department of Psychiatry (DOP), and the Psychology Service, VA San Diego Healthcare System (VASDHS), in cooperation with UC San Diego Health and Rady Children’s Hospital offers a 12-month, full-time, APA-Accredited psychology internship in clinical psychology for 2080 hours of training. (Further information about accreditation of this program can be found at: Office of Program Consultation and Accreditation, American Psychological Association, 750 First Street, N.E., Washington, DC 20002-4242, Phone: (202) 336-5979, Fax: (202) 336-5978, Email: [apaaccred@apa.org](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)).



- **19 Intern Positions**
- **Each Position is comprised of two, year-long half-time rotations.**
- **On each rotation, Interns have one primary supervisor**
- **Training is largely grouped into six clusters: Substance Use, Behavioral Medicine, Child, Neuropsychology, Specialty Mental Health, and Trauma**
- **The program begins each year on July 1.**
- **For the 2023-2024 year, interns will earn a stipend of \$37,694.**

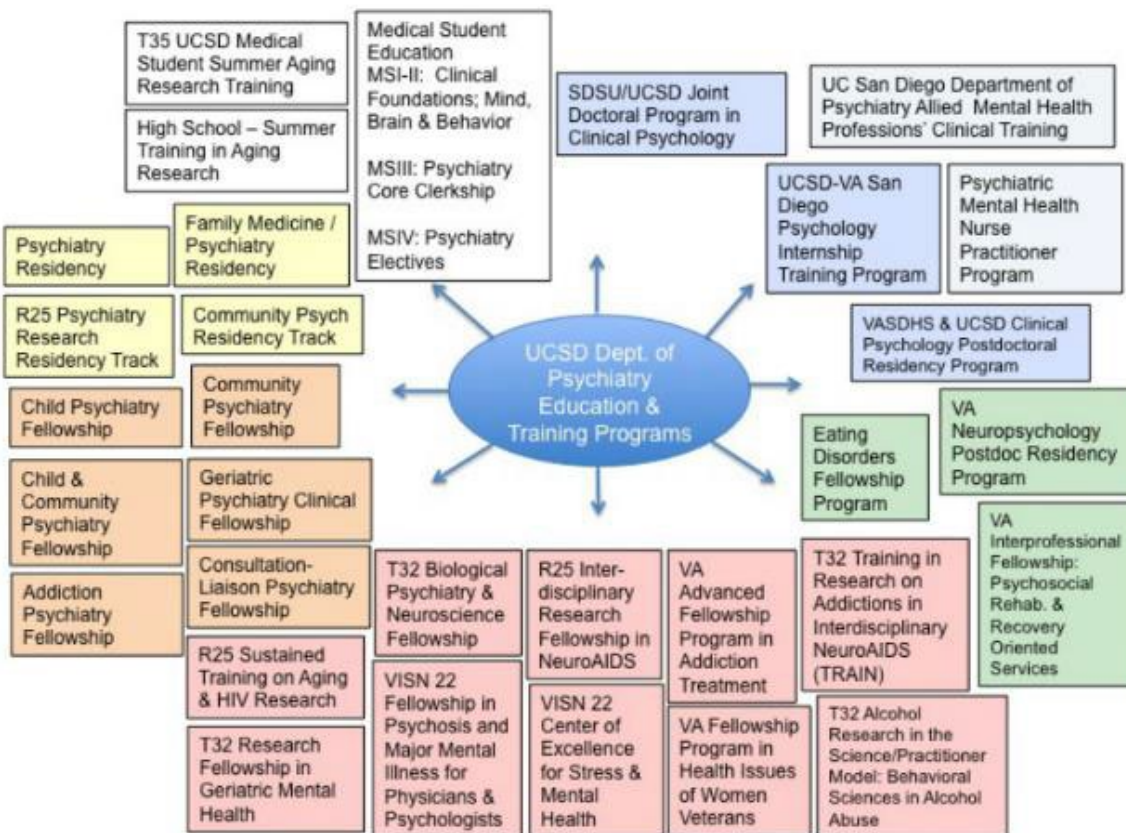


Our program trains doctoral candidates to function as autonomous professionals in a variety of health care settings, with particular emphasis on the role of the psychologist in a sophisticated university-affiliated teaching and research hospital, adult or child outpatient, and inpatient child, adolescent, and adult psychiatric settings. The UCSD/VA Psychology Internship provides a solid grounding in basic clinical skills within a rich array of selective experiences for developing special expertise. The program emphasizes the Boulder, scientist-practitioner model of training in

psychology and, therefore, accepts applicants who are oriented more toward research and clinical interests (i.e., academic careers) than those interested in professional psychology.

Since its inception in 1969, the Department of Psychiatry at UCSD has developed into one of the most innovative and vigorous of the academic departments of psychiatry in the country. The department has a strong commitment to the basic neurosciences and to biological psychiatry, but this is balanced by an equally strong commitment to the understanding of an individual's present feelings, thoughts and behaviors, the interpersonal relationships among family members and significant others, and empirically-validated psychotherapy interventions.

The relationships between the UC San Diego School of Medicine Department of Psychiatry, the VASDHS, UC San Diego Health, and Rady Children's Hospital, have long been characterized by a high degree of interdependence in synergistic collaboration.



In addition to our Psychology Internship program, many successful joint programs are currently in operation under the umbrella of the UC San Diego Department of Psychiatry. Noteworthy among these programs is a three-year residency in general psychiatry, psychiatric fellowships in geropsychiatry, child and adolescent

psychiatry, alcohol and substance abuse treatment, and affective disorders, and the UCSD/SDSU Joint Doctoral Program in Clinical Psychology.

See also: <https://psychiatry.ucsd.edu/education-training/index.html>

## Administration and Faculty

Primary supervisors in the UCSD/VA Psychology Internship Program have academic appointments (or are in progress) in the UC San Diego Department of Psychiatry, and many hold joint appointments with the VA San Diego Healthcare System. The Chair of the Department of Psychiatry, UC San Diego School of Medicine and the Chief, Psychology Service VASDHS, have jointly appointed two Co-Directors of Clinical Training (DCT) to administer and coordinate the various psychology training activities of the Internship. The DCTs interface with the Psychology Internship Training Committee (PITC) to carry out policies and procedures in the various clinical settings across the internship. The administrative office of the Training Program is housed in the Psychology Service at the VASDHS.

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

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

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

### The Internship Faculty

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

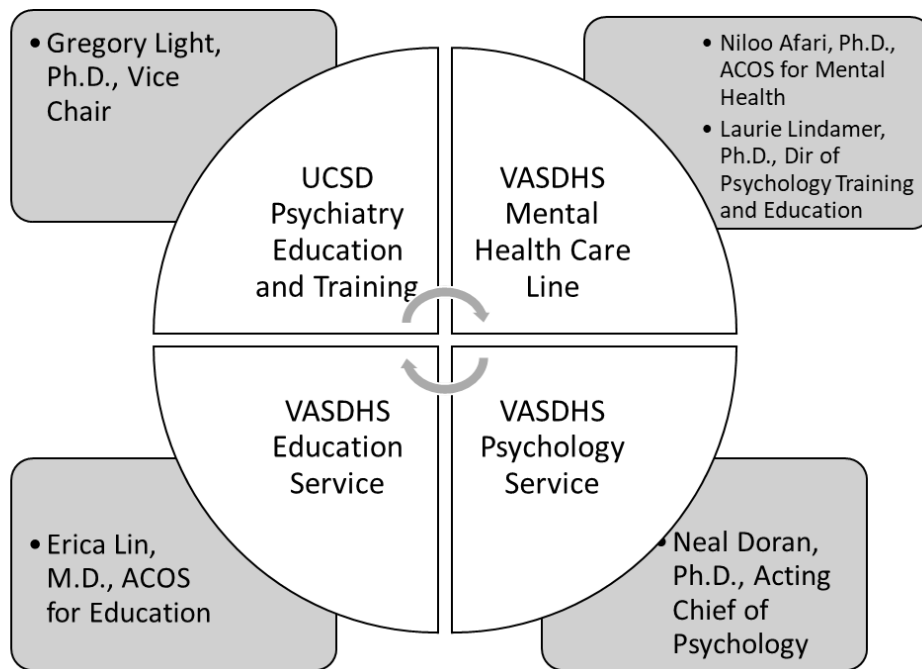
number of articles, books, and book chapters.

## UCSD PSYCHIATRY and VASDHS TRAINING LEADERSHIP

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

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## PSYCHOLOGY INTERNSHIP PROGRAM ORGANIZATIONAL CHART

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Christina Wierenga, Ph.D.  
Co-Director of Internship Training

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Elizabeth Wrape Ph.D.  
Co-Director of Internship Training

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### PSYCHOLOGY INTERNSHIP TRAINING COMMITTEE (PITC)

Leslie Anderson, Ph.D.  
Abigail Angkaw, Ph.D.  
Katherine Bangen, Ph.D.  
Sarah Banks, Ph.D.  
Andrew Bismark, Ph.D.  
Mark W. Bondi, Ph.D.  
Adrienne Borders, Ph.D.  
Lisa Campbell, Ph.D.  
Nicole Carr-Lee, Psy.D.  
Natalie Castriotta, Ph.D.  
Jillian Clark, Ph.D.  
John Correa, Ph.D.  
Lisa Delano-Wood, Ph.D.  
Colin Depp, Ph.D.  
Neal Doran, Ph.D.

Dawn Eichen, Ph.D.  
Benjamin Felleman, Ph.D.  
Amanda Gooding, Ph.D.  
Rebecca Greco, Psy.D.  
Amy Jak, Ph.D.  
Veronica Kassab, Ph.D.  
Matthew Luciano, Ph.D.  
Tamara Maginot, Ph.D.  
James McDonald, Ph.D.  
Benjamin McKenna, Ph.D.  
Eve Nguyen, Ph.D.  
Marc Norman, Ph.D.  
Teresa Pan, Ph.D.  
Sarah Pearlstein, Ph.D.  
Dimitri Perivoliotis, Ph.D.

Jeffrey Poizner, Psy.D.  
Ana Ramirez, Ph.D.  
Carl Rimmele, Ph.D.  
Brenton Roman, Ph.D.  
Thomas R. Rutledge, Ph.D.  
Kriston Schellinger, Ph.D.  
Mirsad Serdarevic, Ph.D.  
Claire Stagnaro, Ph.D.  
Christina Wierenga, Ph.D.  
Emily Willhite, Ph.D.  
Katherine Williams, Ph.D.  
Jennalee Wooldridge, Ph.D.  
Elizabeth Wrape, Ph.D.



Our Internship Coordinator is Britney Golden  
Phone: (858) 642-3228  
Email: [Britney.Golden@va.gov](mailto:Britney.Golden@va.gov)

Our UCSD HR Coordinator is Mindie Hsu  
Phone: (858) 822-3389  
Email: [m6hsu@health.ucsd.edu](mailto:m6hsu@health.ucsd.edu)

Our UCSD Training Liaison is Jennifer Hickey-Hinojosa  
Program Manager, Education & Training Services  
Department of Psychiatry, UCSD  
Phone: (858) 534-2909  
Email: [jhickey@health.ucsd.edu](mailto:jhickey@health.ucsd.edu)

## Objectives, Goals, and Core Competencies

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

### Competencies

- 1. Assessment and Diagnosis:** Competency in conducting clinical interview-based assessment and in administering and interpreting basic psychological tests in the areas of intellectual assessment, basic cognitive assessment, and personality assessment; familiarity with the prevailing diagnostic procedures, e.g., ability to assign appropriate diagnoses to individual patients; ability to communicate findings and recommendations orally and in writing in a clear and concise manner.
- 2. Intervention and Treatment:** Competency in conducting individual and group counseling/psychotherapy across a variety of problems and populations; familiarity with empirical findings concerning the efficacy of psychotherapy; an understanding and knowledge of empirically supported therapeutic approaches for specific mental disorders.
- 3. Supervision:** Familiarity with and understanding of methods and theories of supervision; Competency in supervising other trainees under the supervision of members of the psychology faculty.
- 4. Professional values, attitudes and behaviors:** Demonstration of sound professional clinical judgment and behavior in the application of assessment and intervention procedures with individuals; timely completion of work, on-time attendance at required meetings, sessions, seminars, supervision, etc.
- 5. Ethical and Legal Standards:** Familiarity with and understanding of professional and legal standards in professional psychology; a thorough working understanding of

APA ethical standards, understanding of and adherence to one's scope of practice; patient risk management and confidentiality.

6. **Individual and Cultural Diversity:** Demonstration of understanding of and sensitivity to human diversity issues in the practice of psychology; familiarity with empirical findings pertaining to diversity issues in assessment and diagnosis, tests and measurement, psychopathology, interventions and treatment; awareness of one's own cultural and ethnic background and its impact on therapeutic relationships.
7. **Research/Scholarly Inquiry and Application of Scientific Knowledge:** Demonstration of understanding and knowledge of strategies of scholarly inquiry; awareness of current empirical studies in major professional practice journals; competency in reviewing and integrating relevant scholarly literature to assist in clinical problem solving; independent ability to critically evaluate and disseminate research (e.g., case conference, scientific conference presentation, and/or publication), locally, regionally, or nationally.
8. **Consultation and Interprofessional/interdisciplinary skills:** demonstration of ability to facilitate patient care or exchange of scientific, psychological, or professional information within an interdisciplinary team or professional setting.
9. **Communication and interpersonal skills:** demonstration of both professional and interpersonal communication skills.

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

## **Clinical Activities**

The 12-month training year begins with clinic-specific orientations that introduce interns to their assigned training sites. During the orientation period, faculty advisors begin to evaluate the intern's strengths and growth areas with respect to psychological assessment and psychotherapy and the competencies described above. This evaluation involves a review of previous clinical experience and training recommendations from the interns' home university,

if available. Results of the evaluation period are used by faculty and interns to determine which training activities to emphasize during the year and lead to development of appropriate and personalized training goals.

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

## **Psychological Assessment**

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

- **Interns will aim to complete a minimum of eight integrated written assessment reports during the training year.**
- **An integrated psychological testing report includes a written integration of the review of history, results of an interview and at least two psychological tests from one or more of the following categories: personality measures, symptom report measures, intellectual tests, cognitive tests, and neuropsychological tests.**
- **Assessments/reports that are to be included in this requirement must be completed by May 31 of the training year.**

## **Seminars**

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

three to four hours per week in didactic activities. There are a number of seminars available to the intern during the course of the year.

- **All the interns are required to attend the weekly Psychology Internship Seminar Series. This seminar is a broad-based survey of topics applicable to psychology trainees at the internship level of training (see Appendix A for the schedule and individual lecture description). It includes both expert and interactive lectures as well as opportunities for socialization of the intern cohort. It also includes an intern case presentation series.**
  - **Each intern will present at least one empirically informed case at this seminar during the course of the year. Case presentations are approximately 45 minutes in duration, can be focused on an intervention or assessment case, and will also include a discussant (typically a supervisor, group co-leader, etc.). The oral presentation will also include PowerPoint slides detailing the case as well as empirical literature supporting and informing treatment or assessment decisions. This presentation is a requirement for successful completion of the internship.**

Many other seminars are available and may be elective or required depending on the rotation and setting in which the intern is assigned. A sampling of these seminars is listed below and rotation supervisors will let each intern know what seminars they are required to attend.

- **UCSD Psychiatry Education and Training (PET) Professional Development Series** meets on the 3rd Thursday of the month from noon to 1pm and is attended by trainees throughout the UCSD Dept of Psychiatry. Topics include: Self-Promotion, Networking, and Disseminating Your Work to a Broader Audience; How to be an Anti-Racist Clinician-Researcher; Strategies for Job Searching Within and Outside of Academia; Work Life Balance / When and How to Say "No"; Enhancing Your Contributions to Diversity, Equity, and Inclusion; Private Practice; How to Give a Job Talk; Consulting and Collaborating with Industry (e.g., pharma, tech); How to Build Mentorship Skills as a Junior Researcher (e.g., mentoring undergraduate, master's level, doctoral students); and Integrating Personal Identity into Professional Life.
- **UCSD Psychiatry Grand Rounds** take place on the 4th Tuesday of the month from 8:00-9:30 followed by a trainee discussion from 9:30-10am.
- **Psychosomatic Medicine Consultation Group** meets weekly and is attended by interprofessional faculty and their supervised trainees (psychiatry, pharmacy, psychology) from the Consult-Liaison Service, Primary Care-Mental Health

Integration, Behavioral Medicine, Psycho-Oncology and Mental Health Pharmacy teams. Attendees present cases and receive consultation from others to enhance interprofessional practice and utilize biopsychosocial case formulations to guide assessment and treatment. Discussions and information shared include case-driven guidance around workup/assessment/differential diagnoses, evidence-based practices, relevant scholarly articles, clinical or community resources, and tailored communication for patients, family members or referring providers. Additionally, as a complement to the consultation group, trainees are encouraged to attend the Psychosomatic Interprofessional Seminar Series, which meets twice monthly, and is focused on interprofessional education activities that allow trainees to learn with and from other professions through structured interaction and discussion.

- **Evidenced-Based Psychotherapy Seminar:** This seminar is multi-disciplinary and includes psychologists, social workers, psychiatrists, pharmacists, peer support staff, and nursing. The focus of the seminar is on “mini-pearls” regarding topics related to mental health care in mood disorders in a team environment. The seminar involves trainee participation in leading didactics after a core curriculum from faculty on the assessment, pharmacologic, and psychotherapeutic management of mood disorders is completed.
- **Clinical Neuropsychology Seminar (CNS):** This weekly seminar is for neuropsychology trainees at any level. It is designed to meet the American Board of Clinical Neuropsychology and Houston Conference recommendations for neuropsychological training. Weekly lectures are provided by faculty experts on a wide range of topics (e.g., Various types of Dementia, Movement Disorders, Pharmacology in Dementia, Epilepsy, Neurology, TBI, Board Certification). All CNS speakers are asked to address diversity in their presentations, in accordance with the AACN 2050 Guidelines. In addition, the CNS includes a monthly Neuropsychology Diversity Series to directly address health disparities and other cultural considerations related to neuropsychology.
- **Substance Use Disorders Seminar:** Beginning in the fall, there is a 15-week didactic series with presentations and trainings in diverse substance use disorders topics, i.e., co-occurring conditions, behavioral addictions, pharmacotherapy, medicinal cannabis, etc. These lectures are given by experts in SUD research and treatment from the VA, UCSD, Scripps, and the community. The course is designed to meet California pre-licensure education requirements for psychologists.
- **Eating Disorder Seminar:** Weekly didactics are taught by in-house and visiting experts on topics relevant to treating eating disorder patients.
- **PTSD Training Seminar:** This seminar is for psychology trainees and covers a range of topics related to the assessment and treatment of PTSD and its

comorbidities, with faculty presentations covering both relevant research and clinical perspectives. The seminar also typically includes case presentations from trainees.

- **Child Psychiatry Seminar:** This seminar is designed to address issues related to the assessment and treatment of children with psychopathology. The seminar is attended by psychology interns, residents in Psychiatry, Fellows in child and adolescent psychiatry, as well as by child-focused faculty. This seminar is supplemented by a monthly Child and Adolescent Grand Rounds series which is devoted to pediatric psychology and psychiatry.
- **Neuropsychology Clinical Training Seminar (NCTS):** UCSD Neuropsychology interns attend this year-long weekly didactic course, which is designed to meet the guidelines set forth by the American Board of Clinical Neuropsychology and the Houston Conference Guidelines for education and training in the specialty of clinical neuropsychology. The course begins with several weeks of basic structural and functional neuroanatomy, systems, and the neurologic exam, and builds to review various clinical syndromes and diseases (e.g., dementia, stroke, epilepsy, TBI, MS, etc.). This seminar is designed to learn about the brain and brain functioning as well as methods of assessing neurobehavior in the absence of formal tests. Multimedia and neuroimaging are used to depict normal brains, brains with abnormal findings, and videos (including an aphasia assessment and intraoperative brain mapping). Guest speakers include faculty experts in HIV/AIDS, Clinical Genetics, the Neurologic Exam, and Alzheimer's disease. As the year progresses, we spend time doing case reviews and mock fact-finding exercises similar to the ABPP oral exam.

## Supervision

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

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

All supervision is an interactive educational experience between the intern and the supervisor and is evaluative, hierarchical, extends over time, and has the simultaneous purposes of enhancing the professional functioning of the more junior person. Supervision includes monitoring the quality of professional services offered to the clients that the intern

sees and serves a gatekeeper function for those who are to enter the particular profession (Bernard & Goodyear, 2009). All interns will receive direct observation from their supervisor as a component of supervision. Depending on the capabilities of the specific clinics, supervision will include review of video recorded therapy/assessment sessions, co-therapy with faculty or other senior therapists, or live observation to allow for in vivo supervision. Use of review of audio recorded sessions can also supplement, but not replace, live/video supervision.

## Research

The integration of clinical practice and research is an important emphasis of the program and **interns may elect to spend up to four hours per week engaged in research activities**. Interns opting to engage in research are encouraged to utilize the protected research time to complete their dissertation, initially. Once defended, research hours may be allotted to work on their own research projects or those of the faculty, including analyzing pre-existing data, preparing and submitting manuscripts, engaging in program development and quality improvement projects, writing grants for future research, building/expanding their research network, and/or participating in other approved research activities. In order to promote their ongoing professional clinical and research development, interns will work with their clinical mentors to identify an appropriate research mentor from the PITC faculty or the UCSD Department of Psychiatry and/or VASDHS faculty more broadly.

- **Interns must provide a summary of their research efforts and tangible outcomes on the mid-year and end of year Intern Competency Rating Form.**
- **Each intern will also present an empirically informed case conference presentation within the seminar series (see Seminars, above).**
- **Interns are required to attend the annual UCSD Department of Psychiatry Judd Symposium (typically in the Spring each year) and present their research at this symposium. Submission of an abstract (and presentation if accepted) and attendance at the Symposium is a requirement for successful completion of the internship.**



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



## Internship Sites

Each of the internship sites has its own unique set of opportunities and responsibilities. A description of each site follows. Please note that an intern cannot possibly participate in all the options at each site. However, the intern plays a fundamental role in formulating his or her training program. A unique strength of the UCSD/VA Psychology Internship Program is its commitment to providing the intern with a well-rounded clinical experience while remaining flexible with regard to the intern's specific needs and interests. Because of the diversity of available experiences, there is no "typical" schedule for an intern. However, Interns are expected to maintain a case load in each rotation that aims to **provide 10-12 hours of direct service each week (for 20-24 hours of direct service across both/all rotations)**. The remaining hours involve supervision, didactics, professional development, preparation for patients, documentation, and research.

Below is a description of each of the Internship training sites. For a detailed description of the placements according to six emphasis areas: Addictions, Behavioral Medicine, Child, Neuropsychology, Specialty Mental Health, and Trauma, please see the Applicant Manual. Appendix A provides a list of Positions and corresponding training sites.

### The VA San Diego Healthcare System (VASDHS)

VASDHS now the Jennifer Moreno Department of Veterans Affairs Medical Center is a modern 300 bed general medical and surgical medical center situated adjacent to the University of California at San Diego and is closely affiliated with the UC San Diego School of Medicine. The VASDHS is located 10 miles north of downtown San Diego and just one mile inland from the community of La Jolla on the Pacific Ocean. On March 14, 2022, VASDHS was renamed the Jennifer Moreno Department of Veterans Affairs Medical Center. 1st Lt. Jennifer Moreno, a San Diego native and Army nurse, was deployed as part of a special operations Cultural Support Team and gave her life during combat operations in Afghanistan. During a raid on October 6, 2013, at a compound thought to have a high-value military target, one of the residents detonated an improvised explosive device and wounded several of Moreno's team members. She rushed to provide medical aid and was killed when another IED was detonated. Moreno is buried at Fort Rosecrans National Cemetery on Point Loma. For

her bravery, she was awarded the Bronze Star with a “V” device for valor and promoted posthumously to Captain.

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

The VASDHS Mental Health Care Line has extensive inpatient and outpatient mental health facilities located in the main hospital in La Jolla. The entire second floor of the VA Medical Center La Jolla medical center is almost exclusively inhabited by mental health (psychology, psychiatry, social work, nursing, and pharmacy) services. Veterans with a wide range of mental and behavioral health conditions are offered care at the VASDHS, including those with serious mental illness, such as schizophrenia and bipolar disorder, other mood disorders, psychiatric problems stemming from medical



illnesses, posttraumatic stress disorder (PTSD), substance use disorders, sexual trauma, interpersonal trauma, neurocognitive disorders, personality disorders, and a wide range of family and interpersonal problems. There are 28 acute care psychiatry beds, including 14 psychiatric intensive care beds and 10 beds assigned to the Neurobehavioral Assessment Unit. In addition, there is a Substance Abuse Residential Rehabilitation Treatment Program (SARRTP) and comprehensive aftercare program for veterans with substance use disorders and their families. There is a 20 bed Spinal Cord Injury Unit, offering inpatient and outpatient services. Patient care activities in the mental health outpatient programs include psychiatric admissions, crisis intervention services, medication clinics, and individual, couple, family, and group therapies. The outpatient mental health clinic, staffed by multi-disciplinary treatment teams, provides over 50,000 outpatient visits per year. Patient care activities in the outpatient programs include same-day emergent services, diagnosis, specific medication clinics, neuropsychological assessment, and individual, couple, family, and group therapies, with an emphasis on empirically supported treatments. And, within primary care clinics, there is also a strong Psychology presence.

The Psychology Service at the VASDHS represents one of the most academically oriented staffs in the Department of Veterans Affairs hospital system. Graduates of our internship and/or PITC faculty at the VA San Diego accounted for just over \$3 million dollars in VA funding last year (<https://www.research.va.gov/about/funded-projects.cfm>) and the majority of psychologists with VA research funding at VASDHS are or have been affiliated with our internship. Currently, the service is staffed by clinical psychologists, along with psychology technicians, vocational rehabilitation specialists, peer specialists, and

administrative support staff. Many of the major sub-specialties of professional psychology are represented on the staff, including clinical psychology, neuropsychology, geropsychology, couple and family therapy, addiction treatment, behavioral medicine, trauma specialists, specialists in treating serious mental illness, psychology/primary care integration, and related psychology research. There are complete facilities at the VA for computer-assisted psychological testing and all medical records charting is done electronically.

Interns may also train in VA Community Based Outpatient Clinics (CBOCs) in Kearny Mesa, or Mission Valley Rio Clinic, all located within easy driving (or VA shuttle) distance from the main hospital. The CBOCs house outpatient care including behavioral medicine, primary care/mental health integration, the Family Mental Health Community of Practice, and trauma programs. Interns have the opportunity to work in rotations at both the main hospital and the CBOC locations. The VA ASPIRE Center is also a training site for interns. This 40-bed residential treatment facility serves Iraq and Afghanistan Veterans and is located in the Old Town neighborhood of San Diego. The VA VISN 22 Telemental Health Center is also located in the same facility.

## **UC San Diego Health**

The UC San Diego Health System is San Diego's only academic medical center. It maintains two professional schools: UC San Diego School of Medicine and Skaggs School of Pharmacy and Pharmaceutical Sciences with over 1500 faculty members, 2,370 students, postdoctoral fellows, residents and over \$800 million in faculty research awards. UC San Diego more broadly earned \$1.6 billion in sponsored research funding (FY2022). The UC San Diego Department of Psychiatry is 3rd nationally in NIH funding among other psychiatry departments (<https://brimr.org/brimr-rankings-of-nih-funding-in-2022/>). Graduates of our internship and/or PITC faculty accounted for 27% of our department's NIH funding last year or over \$15 million dollars.

The system maintains a two-campus operation, integrating research, teaching and clinical care at locations in Hillcrest and La Jolla. Each medical complex supports acute in-patient care and a spectrum of outpatient primary and specialty medical and surgical services, including ambulatory and emergency patient care. The combined capacity of the UC San Diego Medical Center in Hillcrest (390 beds), the Jacobs Medical Center in La Jolla (364 beds), and Sulpizio Cardiovascular Center (54 beds) is over 800 beds.



UC San Diego Medical Center in Hillcrest, established in 1966, currently serves as a core clinical teaching site for the UC San Diego School of Medicine and the focal point for community service programs. It houses several specialty care centers that allow the urban

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

## **Rady Children's Hospital**

Rady Children's Hospital and Health Center is the major comprehensive pediatric health care facility for San Diego County and a core site of practice for the UCSD Division of Child Psychiatry. Rady Children's Hospital has had a long-standing relationship as a teaching facility for the Child Psychiatry division of UCSD Department of Psychiatry. It is located about nine miles southeast of the UC San Diego Health La Jolla and VA Medical Centers in La Jolla and about 5 miles from the UC San Diego Healthcare Center in Hillcrest. There are 200 beds at Rady Children's Hospital for acutely ill inpatients as well as extensive outpatient services in more than 37 specialized clinics. As part of the affiliated divisions of Rady Children's Hospital and Health Center, the Children's Outpatient Psychiatry Clinic serves the diverse needs of children and their families from San Diego and Imperial Counties. The clinic is the largest provider of county funded outpatient services for youth and also serves as a teaching facility for clinical psychology training, general psychiatry residents, fellows in Child Psychiatry, and graduate students in social work and counseling. The rotations at Rady's provide opportunities to learn intervention strategies as well as specialized assessment techniques. It is a rich training environment through which doctoral interns, practicum students in clinical psychology, fellows in



child psychiatry, residents in adult psychiatry, and medical students electing rotations in child and adolescent psychiatry rotate. The multidisciplinary treatment team includes psychiatrists, psychologists, psychology interns, pediatricians, and fellows in child/adolescent psychiatry, social workers, nurses, and pharmacists.

## Rotation Descriptions

### **Position 1**

#### **VA Behavioral Medicine: Pain, Diabetes, and Weight Control**

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

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

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

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

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

Primary Location: La Jolla VA Medical Center

Patient Population: Veterans receiving care at VASDHS

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

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

Primary supervisor: Tom Rutledge, PhD, ABPP.

**Dr. Rutledge** received his Ph.D. in clinical psychology from the University of British Columbia in 1999. He completed his internship at the Toronto Hospital, and a postdoctoral fellowship specializing in the study of behavioral factors in cardiovascular disease at the University of Pittsburgh. Dr. Rutledge is a Professor In-Residence with the UC San Diego School of Medicine, and a clinical psychologist in the Psychology Service at the VA Medical Center. He is board certified in clinical health psychology by the American Board of Professional Psychology. Dr. Rutledge directs the behavioral medicine services in the Weight Control Clinic in La Jolla and provides chronic pain



assessment and treatment services for the Anesthesia Pain Clinic. Each of these clinics is comprised of multidisciplinary provider teams in which psychology offers a variety of services ranging from consultation, to treatment, and research. Dr. Rutledge provides clinical supervision for these rotations to practicum students in the UCSD/SDSU Joint Doctoral program and to psychology interns in the VA/UCSD psychology internship program. Training in these clinics includes a strong focus on rehabilitation and health behavior change. <http://profiles.ucsd.edu/Thomas.Rutledge>

## **VA Spinal Cord Injuries and Disorders Center**

Overview: The VA San Diego Healthcare System Spinal Cord Injuries and Disorders (SCI/D) Center is a VA SCI/D System of Care hub site that provides inpatient and outpatient multidisciplinary healthcare services to Veterans who have SCI/D. The intern works with inpatients in the 30-bed SCI/D Unit as well as outpatients. Duties include: (1) psychological assessment, (2) interventions and provision of support for Veterans and their families coping with physical injuries, chronic medical diagnoses, and associated treatment, and (3) providing recommendations to multidisciplinary staff. The intern will learn about spinal cord injuries and disorders including management of psychiatric disorders and substance abuse within this population. Opportunities to hone assessment, brief intervention, and consultation skills in a face-paced medical setting are prevalent.

Supervision: Individual supervision (to include both direct observation, review of audio-recorded sessions and narrative) as well as a one-hour weekly behavioral medicine group supervision.

Assessment and Treatment Opportunities: Intern will conduct psychological assessments consistent with formulating a biopsychosocial conceptualization of cases and will develop skills in reviewing medical, diagnostic and treatment histories. Psychological assessment incorporates brief cognitive and symptom screens. Short-term inpatient and outpatient individual psychotherapy services are provided and may include treatment for Veterans presenting with symptoms of depression, anxiety, adjustment concerns, and pain using techniques from CBT, mindfulness, MI, and ACT. Intern will also have opportunities to provide telemental health services.

Didactics/Team Meetings: The intern attends SCI/D inpatient healthcare team meetings where s/he discusses assessment and treatment recommendations. Didactic seminars, including a weekly VA Behavioral Medicine seminar, feature case presentations and lectures on topics relevant to behavioral medicine and the practice of psychology.

Research Opportunities: Interns are welcome to collaborate with VA faculty on ongoing research projects.

Primary Location: La Jolla VA Medical Center

Patient Population: Adult Veterans receiving healthcare services through the VASDHS SCI/D Center.

Number of Staff in Clinic: Over 30, including attending physicians, physician assistants, nurse practitioners, nurses, occupational therapists, physical therapists, recreation therapists, social workers, pharmacists, dieticians, and others.

Number of Trainees in Clinic: 1 intern

Primary Supervisor: Jillian Clark, PhD.

**Dr. Clark** received her Ph.D. in Psychology with an emphasis in Clinical Health Psychology from the University of Missouri-Kansas City. She completed her predoctoral internship in the UCSD/VA Psychology Internship Training Program and continued at VASDHS/UCSD completing an Advanced Fellowship in Mental Health Research and Treatment through the VA Center of Excellence for Stress and Mental Health. Her research aims to elucidate complex biological, psychological, and social experiences across the lifespan in order to maximize functional outcomes among individuals with SCI/D and other traumatic or chronic health conditions. Dr. Clark's clinical work is primarily focused upon providing psychological assessment and therapeutic interventions to Veterans with SCI/D. She is a psychologist at the VASDHS SCI/D Center, where her duties include psychological assessment, pain management, psychotherapy, and consultation for Veterans with SCI/D. Dr. Clark primarily uses cognitive and behavioral therapies (including third-wave) in her practice.



<https://profiles.ucsd.edu/jillian.clark>

## **Position 2**

The overarching goal of this position is to provide interns with both a breadth of general behavioral medicine training and depth of training within pain and diabetes psychology specialty areas. Supervisors across both rotations in the position work closely together as a team to create a behavioral medicine training experience that fits each intern's training goals.

### **VA General Behavioral Medicine and Pain Psychology: Kearny Mesa**

Overview: This position comprises diverse training opportunities across general behavioral medicine and pain psychology the Kearny Mesa VA Outpatient clinic. The intern provides assessment and evidence-based psychotherapy for Veterans presenting with comorbid medical and mental health symptoms referred from primary care and specialty medical clinics.

Supervision: A minimum of one hour of individual supervision and one hour of group supervision weekly. Weekly one-hour individual supervision includes direct observation, review of audio-recorded sessions, and narrative review of sessions. Rich discussions on the cultural influences on interpersonal dynamics and interdisciplinary teamwork, role of psychology in advocacy for underrepresented populations, and gaps in culturally responsive care will be provided through supervision.

Assessment and Treatment Opportunities: *VA General Behavioral Medicine (Greco):* Intern

provides both face-to-face and telemental health services. Intern conducts psychological assessments to formulate a biopsychosocial conceptualization of cases and will develop skills in reviewing medical, diagnostic, and treatment histories. Intern performs mental health evaluations for solid organ or stem cell transplant procedures and write comprehensive assessment reports. Short-term outpatient individual and group psychotherapy are provided for Veterans diagnosed with chronic or progressive conditions such as cancer, heart disease, and GI concerns. Intern will facilitate groups for chronic medical conditions using Acceptance and Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT).

VA Pain Psychology (Emami & Herbert): Intern provides group-based treatment for chronic pain using ACT and CBT. Intern will also lead a pain education and treatment triage group. Intern provides pain psychology assessment and treatments integrated within an interdisciplinary chronic pain treatment team. Intern collaborates with health care professionals from primary care, physical therapy, pain pharmacy, whole health, and social work.

Didactics/Team Meetings: *Kearny Mesa Behavioral Medicine Group Supervision* meets weekly and includes presentations, trainings, and consultations by/with experts on a variety of topics relevant to behavioral medicine settings.

Research Opportunities: Secondary data analyses of supervisors' existing data sets and clinic-based quality improvement projects. Interns opting into research time are encouraged to lead a manuscript in collaboration with a supervisor.

Primary Location: Kearny Mesa VA Clinic

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

Number of Staff in Clinic: Varies across training experiences and interdisciplinary collaboration is emphasized.

Trainees in Clinic: 3-4

Primary Supervisor: Rebecca Greco PsyD.

**Dr. Greco** is a behavioral medicine psychologist focusing on the overlap between mental health and chronic illness. She completed her predoctoral internship and postdoctoral training at the UCSD/VASDHS in Clinical Psychology. She currently works as a psychologist at the VASDHS in Behavioral Medicine and holds an assistant faculty position at UCSD. Her clinical interests are focused on risk factors for metabolic diseases, nutritional interventions for obesity, and how movement impacts mental health. Dr. Greco is passionate about developing and integrating behavioral treatments for chronic disease reversibility and management and helping Veterans find their ever-evolving purpose. She uses evidence-based approaches such as Cognitive Behavioral Therapy and Acceptance and Commitment Therapy. Dr. Greco also works in the Tobacco and Nicotine Treatment Clinic where she focuses on engaging tobacco and nicotine users in evidence-based treatment. Additionally, Dr. Greco is embedded in a pulmonary clinic to provide integrated





interventions with an interdisciplinary team. Treatment services include motivational interventions, individual and group treatments for tobacco and nicotine using veterans.

<https://profiles.ucsd.edu/rebecca.n.greco>

## **VA General Behavioral Medicine and Diabetes Psychology: La Jolla**

Overview: This position comprises diverse training opportunities across general behavioral medicine and specialty behavioral medicine clinics at the La Jolla VA Medical Center. The intern provides assessment and evidence-based psychotherapy for Veterans presenting with comorbid medical and mental health symptoms referred from primary care and specialty medical clinics. There is special focus on diabetes psychology in this rotation.

Supervision: A minimum of one hour of individual supervision and one hour of group supervision weekly. Weekly one-hour individual supervision includes direct observation, review of audio-recorded sessions, and narrative review of sessions. Rich discussions on the cultural influences on interpersonal dynamics and interdisciplinary teamwork, role of psychology in advocacy for underrepresented populations, and gaps in culturally responsive care will be provided through supervision.

Assessment and Treatment Opportunities: *VA General Behavioral Medicine (Wooldridge):* Intern provides both face-to-face and telemental health services. Intern conducts psychological assessments to formulate a biopsychosocial conceptualization of cases and will develop skills in reviewing medical, diagnostic, and treatment histories. Intern performs mental health evaluations for solid organ or stem cell transplant procedures and write comprehensive assessment reports. Short-term outpatient individual and group psychotherapy are provided for Veterans diagnosed with chronic or progressive conditions such as cancer, heart disease, and GI concerns. Intern will facilitate groups for chronic medical conditions using Acceptance and Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT).

*VA Diabetes Psychology (Wooldridge):* Intern will provide treatment to Veterans with type 1 and type 2 diabetes referred through primary care and an endocrinology diabetes clinic. Veterans with diabetes present to Behavioral Medicine with a range of concerns including diabetes distress, difficulty with behavioral self-management, and fear of hypoglycemia. Intern will learn how to incorporate data generated from diabetes technology including insulin pumps and continuous glucose monitors into psychological treatments.

Didactics/Team Meetings:

*Diabetes Group Supervision* meets weekly and is attended by psychology trainees at the practicum, intern, and post-doctoral level. This supervision includes didactic presentations covering basics of diabetes pathophysiology, management, technology, and psychosocial presenting concerns and treatments. Diabetes behavioral medicine cases are discussed in detail among attendees to aid in case conceptualization and treatment planning.

*Diabetes Specialty Care Access Network—Extension for Community Health Outcomes (SCAN-ECHO)* is attended weekly by healthcare professionals from behavioral medicine, primary care,

pharmacy, endocrinology, and social work. Attendees present and provide recommendations for management of complex diabetes cases. Didactic presentations are shared from different disciplines. Interns will prepare one 20-30 minute presentation on a behavioral medicine topic during the training year.

*The Psychosomatic Medicine Consultation group* meets weekly and is attended by interprofessional faculty and their supervised trainees (psychiatry, pharmacy, psychology) from the Consult-Liaison Service, Primary Care-Mental Health Integration, Behavioral Medicine, Psycho-Oncology and Mental Health Pharmacy teams. Attendees present cases and receive consultation from others to enhance interprofessional practice and utilize biopsychosocial case formulations to guide assessment and treatment. Discussions and information shared include case-driven guidance around workup/assessment/differential diagnoses, evidence-based practices, relevant scholarly articles, clinical or community resources, and tailored communication for patients, family members or referring providers.

*The Interprofessional Seminar Series*, which meets twice monthly, is focused on interprofessional education activities that allow trainees to learn with and from other professions through structured interaction and discussion. Some seminar topics include exploration of similarities and differences in professions roles/responsibilities, team-based case formulations, how to approach challenging patients, and burnout and resilience.

Research Opportunities: Secondary data analyses of supervisors' existing data sets and clinic-based quality improvement projects. Interns opting into research time are encouraged to lead a manuscript in collaboration with a supervisor.

Primary Location: La Jolla VA Medical Center

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

Number of Staff in Clinic: Varies across training experiences and interdisciplinary collaboration is emphasized.

Trainees in Clinic: 3-4

Several optional training opportunities are available across both rotations in this position depending on availability, trainee interests, and supervisor approval, including tobacco cessation, women's behavioral health, and insomnia.

Primary Supervisors: Jennalee Wooldridge, Ph.D., CDCES

Co-Supervisors: Matthew Herbert, Ph.D.; Autumn Backhaus, Ph.D.; Andrea Hekler, Ph.D., Ashley Emami, Ph.D.; Teresa Pan, Ph.D.

**Dr. Wooldridge** is a clinical health psychologist and certified diabetes care and education specialist. She completed her predoctoral internship at VA Palo Alto Health Care System in Behavioral Medicine and postdoctoral training at the UCSD/VASDHS in Clinical Research. She serves as a staff psychologist at the VASDHS in Behavioral Medicine and holds a faculty position in the Psychiatry department at UCSD. Her



clinical interests are focused on health behavior change and adjustment to chronic illnesses. She has a specialty focus on diabetes which includes assessment and treatment of diabetes distress, integrating psychology into diabetes care, and incorporating data from diabetes technology into behavioral medicine treatments. She uses evidence-based approaches such as Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing. Dr. Wooldridge also maintains an active program of research and currently holds a VA career development grant focused on using intensive longitudinal assessment to understand daily functioning in Veterans with type 2 diabetes.

<https://profiles.ucsd.edu/jennalee.wooldridge>

### **Position 3**

#### **VA Family Mental Health Community of Practice (FMHCP)**

Overview: The VA San Diego Family Mental Health Community of Practice provides empirically-supported couple therapy services to Veteran couples. This community of practice includes four core psychologists, in addition to other staff members with interest and expertise in couple therapy. Two postdoctoral fellows and one psychology intern also make up the core members of the community of practice; psychiatry residents and/or psychology practicum students vary by year. The team meets twice weekly.

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

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

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

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

Program evaluation projects, as well as upcoming grant submissions may also be areas of research for interns to explore.

Primary Location: Kearny Mesa VA clinic

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

Number of Staff in Clinic: Approximately 7 (4 psychologists, 2 postdoctoral residents, 1 predoctoral intern)

Number of Trainees in Clinic: 3

Primary supervisor: Elizabeth Wrape, Ph.D.

**Dr. Wrape** received her Ph.D. in Clinical Psychology at the University of North Texas in 2015 following completion of her predoctoral internship at VA North Texas Healthcare System. She completed her fellowship at VA Puget Sound- Seattle Division in the Family Therapy Program, providing couple and family therapy services with a range of presenting problems. Dr. Wrape is an Assistant Professor of Psychiatry in the UCSD School of Medicine, a member of the Family Mental Health Community of Practice, and a Section Chief of Outpatient Access Clinics at VASDHS. She also serves as the Co-Director of Internship Training. She previously worked as a study therapist, supervisor, and consultant on the FMHP-adjunctive RCT working with couples experiencing PTSD. Her clinical duties include systemic interventions for relationship distress in-person and via telemental health; primary modalities used are Integrative Behavioral Couple Therapy (IBCT), Cognitive Behavioral Couple Therapy for PTSD (CBCT), and Structural Family Therapy. Dr. Wrape's research interests include supervision and training particularly in family-service delivery, as well as examining innovative ways to provide couple and family services. She is involved in continual performance improvement projects for the mental health care line and enjoys being a mentor for those interested in future leadership positions.



<https://profiles.ucsd.edu/elizabeth.wrape>

## **VA Mood Clinic**

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

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

Assessment and Treatment Opportunities: There is a strong emphasis on the application of empirically supported treatments, the use of a case formulation approach to cognitive behavioral therapy and training in evaluating the effectiveness of clinical interventions.

Group therapies are manualized and structured. Individual therapy is guided by theoretically-grounded case conceptualization. Interns work with clients presenting with mood disorders as primary diagnoses and many of the Veterans also present with a variety of comorbidities, especially Posttraumatic Stress Disorder and physical health difficulties. Training opportunities include: a) individual and group CBT or ACT for unipolar depression; b) individual and group DBT skills for bipolar disorder; c) CBT for insomnia group or individual, d) brief family psychoeducation for mood disorders, d) trauma-focused treatment (e.g., CPT, PE) for comorbid mood and PTSD disorders, e) diagnostic interviews for assessing psychiatric disorders, and f) brief suicide-specific interventions

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

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

Primary Location: La Jolla VA Medical Center

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

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

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

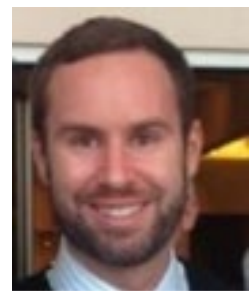
Primary Supervisors: Colin Depp, Ph.D. and Benjamin McKenna, Ph.D.

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



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

**Dr. McKenna** is an Assistant Professor in the Department of Psychiatry at the UCSD School of Medicine. He is also a Staff Psychologist in the VA San Diego and Clinic Coordinator for the Mood Disorders Program. He received his bachelor's degree from the University of Arizona and doctorate in clinical psychology with a specialization in neuropsychology from the SDSU/UCSD Joint Doctoral Program in Clinical Psychology. He then



completed a predoctoral internship at the University of Arizona University Medical Center and two postdoctoral fellowships at the Veteran's Affairs Advanced Fellowship in Mental Illness Research and Treatment and a NIDA-funded T32 Fellowship for Training in Research on Addictions in Interdisciplinary NeuroAIDS.

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

## **Position 4**

### **VA PTSD Clinical Team**

Overview: The VA IU6 South County PTSD Clinic is one of the highest volume PTSD clinics (in terms of number of Veterans receiving care) across the entire VA system nationwide. It serves Veterans of all service eras (e.g., Vietnam, Korea, Persian Gulf, Iraq, Afghanistan, Global War on Terror) with PTSD due to all trauma types, e.g., combat/military trauma, military sexual trauma, interpersonal trauma, civilian trauma, childhood trauma. The multidisciplinary VA IU6 South County PTSD Clinical Team meets weekly and consists of psychology, psychiatry, nursing, social work, and peer support providers who deliver treatment at various locations across IU6 South County (Rio, Chula Vista, and Kearny Mesa clinics).

Supervision: Interns will receive one hour of individual supervision with their primary supervisor each week, in addition to group supervision via team meetings. Supervision may include direct/live observation of sessions or co-therapy, and may include audio or video recording of sessions. Opportunities for interns to provide layered clinical supervision of more junior trainees may also be available.

Assessment and Treatment Opportunities: Interns will learn to provide empirically supported individual psychotherapy for PTSD, primarily prolonged exposure (PE) and cognitive processing therapy (CPT). Other potential opportunities include: Written Exposure Therapy (WET), Cognitive behavioral therapy for insomnia (CBT-i), Skills training in Affective and Interpersonal Regulation (STAIR), and other empirically-based cognitive behavioral-, ACT-, or DBT-focused interventions for posttraumatic emotion dysregulation, anxiety, anger, guilt, complex trauma, and comorbid conditions (particularly substance use disorders and TBI-related cognitive difficulties). Some assessment opportunities will be arranged with the primary supervisor, and may include learning and administration of the Clinician Administered PTSD Scale (CAPS) with a focus on differential diagnosis, and/or comprehensive assessments in collaboration with the facility's outpatient assessment team.

Didactics/Team Meetings: 1) weekly Complex Trauma Consultation meeting; 2) weekly multidisciplinary IU6 South County PTSD Clinical Team meeting; 3) daily clinical huddles. Interns will also attend the following weekly seminars: PTSD Seminar and Intern Seminar. There may be opportunities for separate CPT and PE consultation meetings as part of this rotation.

Research Opportunities: Interns may conduct program evaluation by identifying a clinical

question and collecting data within the clinic. Interns may have the opportunity to collaborate on manuscripts or peer reviews with VA/UCSD staff, if interested.

Primary Locations: Kearny Mesa VA clinic (located in the Kearny Mesa area of San Diego) or the Rio VA Clinic (located in the Mission Valley area of San Diego)

Patient Population: Veterans from all service eras with diversity in terms of race, ethnicity, gender, gender identity, and sexual orientation, representative of the broader San Diego veteran population

Number of Staff in Clinic: 15

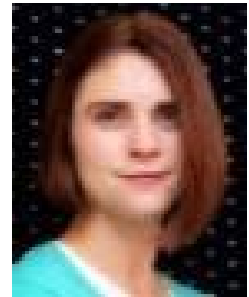
Primary Supervisors: Matt Luciano, Ph.D.; Lisa Campbell, Ph.D.; Sarah Pearlstein, Ph.D.

**Dr. Luciano** received his Ph.D. in Clinical Psychology from The University of Memphis in 2020, completing his internship at the UCSD/San Diego VA Consortium and his postdoctoral fellowship with the NIAAA T32 Training Program at San Diego State University. Dr. Luciano is currently a staff psychologist at VASDHS within the Kearny Mesa PTSD Clinical Team (PCT). He is also an Assistant Clinical Professor of Psychiatry at UCSD and an adjunct professor at the University of San Diego. In addition to his clinical responsibilities in the PTSD Clinic, Dr. Luciano also conducts research on the relation between PTSD and harmful alcohol use, mechanisms of evidence-based PTSD treatments, and outcomes of novel and integrated trauma treatments.



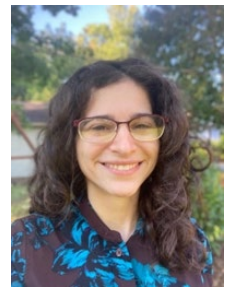
<https://profiles.ucsd.edu/matthew.luciano>

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



<https://profiles.ucsd.edu/lisa.campbell>

**Dr. Pearlstein** received her Ph.D. in Clinical Psychology from the San Diego State University/University of California San Diego Joint Doctoral Program (JDP) in 2020. She completed a postdoctoral fellowship focusing on evidence-based assessment and treatment of PTSD (largely PE and CPT) with minor emphases in DBT and clinical applications of DEI at the VA New York Harbor, Manhattan Campus. She completed a predoctoral internship at VA Long Beach. Dr. Pearlstein is currently a staff psychologist



at VASDHS within the Kearny Mesa PTSD Clinical Team (PCT) and is an Assistant Clinical Professor of Psychiatry at UCSD. She serves on the LGBTQ+ clinical subcommittee of the facility's mental health Diversity Action Committee. Her research background has involved testing novel treatment approaches to upregulate positive emotions and increase social connectedness. Her clinical interests include the impacts of gender minority-, sexual orientation-, and race-based stress and trauma on treatment course and outcomes in PTSD.

<https://profiles.ucsd.edu/sarah.pearlstein>

**VA Mood Clinic** – see description above in Position 3

## **Position 5**

**VA PTSD Clinical Team** - see description above in Position 4

### **VA Alcohol Drug Treatment Program (ADTP)**

Overview: The VASDHS Alcohol Drug Treatment Program (ADTP) provides empirically-supported assessment and therapy for Veterans with Substance Use Disorders (SUDs). A large proportion of ADTP patients have concomitant medical conditions and psychiatric and/or personality disorders. ADTP consists of **four levels of care:** Residential (SARRTP), Intensive Outpatient (IOP), Outpatient (OP), and Dual Diagnosis Recovery Program (DDRP). Assignment of patients is guided by the American Society of Addiction Medicine Guidelines and a shared-decision making model that incorporates Veteran-identified treatment goals and priorities, co-morbid psychopathology, functional assets of the Veteran, psychosocial circumstances, and expertise from the multidisciplinary ADTP Treatment Team. Psychologists and psychology trainees provide clinical services at all four levels of ADTP; however, **interns in this rotation provide services in the OP and IOP settings only.**

Supervision: Interns will receive weekly individual and group supervision that includes direct observation during the provision of services by either the primary or secondary supervisor and audio recordings of clinical encounters.

Opportunities for interns to provide layered supervision of junior trainees may be available.

Assessment and Treatment Opportunities: Interns will learn how to administer and interpret both structured and unstructured intake interviews, a suite of self-report symptom questionnaires, and occasional breathalyzer/urine toxicology results. Opportunities for additional cognitive and personality testing may be available if clinically indicated. Interns will also participate in measurement-based care and the completion of treatment plans and treatment plan updates for Veterans in the outpatient program. Interns will learn evidence based individual and group psychotherapies for SUDs, including Cognitive-Behavioral Therapy for Substance Use Disorders (CBT-SUD), Mindfulness-Based Relapse Prevention (MBRP), and Motivational Enhancement Therapy (MET). Additional training opportunities tailored to interns' goals include learning Acceptance and Commitment Therapy, Cognitive-Behavioral Therapy for Insomnia (CBT-I), trauma-focused therapies such as Cognitive



Processing Therapy (CPT) and Concurrent Treatment of PTSD and Substance Use Disorders using Prolonged Exposure (COPE), and early-recovery skills/psychoeducation group training. Didactics/Team Meetings: Interns in the ADTP placement will attend the weekly SUD Seminar, which includes presentations and trainings by experts in assessment, treatment, and co-occurring conditions associated with SUDs. A portion of this seminar will be devoted to a 16-week didactic course on addictions that is designed to meet pre-licensure requirements with the California Board of Psychology. Interns will also be expected to occasionally attend ADTP Treatment Team meetings to present intakes that they complete. This meeting occurs 5 days a week, is multidisciplinary in nature, and involves a review of consults to the service that have been completed and veterans who have been referred for further evaluation.

Research Opportunities: Mentoring and consultation in secondary data analysis and manuscript publication will be available to the intern, if desired, pending successful defense of their dissertation.

Primary Location: La Jolla VA Medical Center

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

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

Number of Trainees in Clinic: 1-3

Primary supervisor: John Correa, Ph.D

**Dr. Correa** received his Ph.D. in Clinical Psychology from the University of South Florida in 2018. Dr. Correa has been affiliated with the VASDHS since 2017, when he matched with the VASDHS/UCSD Psychology Internship Training Program. Dr. Correa worked in DDRP and with the La Jolla PTSD Clinical Team during his internship year, and following completion of his doctoral degree, Dr. Correa transitioned to a postdoctoral fellowship with the VASDHS Interprofessional Advanced Fellowship in Addiction Treatment. Dr. Correa graduated from his fellowship in 2020 and transitioned into a staff psychologist position with ADTP in 2021. Dr. Correa's clinical responsibilities include outpatient and individual group psychotherapy for Veterans with primary SUDs and co-occurring psychopathology. Dr. Correa also maintains active educational, training, and teaching interests, and he is a VA- certified provider of CPT and CBT-SUD. Finally, Dr. Correa's research interests focus on cigarette smoking and use of alternative nicotine and tobacco products, especially in the context of co-occurring substance use and mental health conditions.



<https://profiles.ucsd.edu/john.correa>

## **Position 6**

**VA PTSD Clinical Team** - see description above in Position 4

## VA Dual Diagnosis Recovery Program (DDRP)

Overview: The VA San Diego Dual Diagnosis Recovery Program (DDRP) provides assessment and evidence-based psychotherapy for Veterans with co-occurring substance use and psychiatric disorders (e.g., depression, PTSD, anxiety, insomnia). This interprofessional team operates as a specialty clinic in Mental Health Impact Unit 2, and the staff consists of providers from psychology, psychiatry, and social work.

Supervision: During initial training, the intern will first observe clinical staff and then be observed and given feedback prior to seeing Veterans independently. The intern will have 1 hour/week of individual supervision with Dr. McDonald incorporating case note reviews, role-play simulations, feedback from direct observation, professional development, and support. This supervision is supplemented by feedback in both the DDRP interprofessional team meeting and the Substance Use Disorder seminar for addiction trainees, as well as informal supervisor planning and feedback before and/or after therapy sessions. As needed, supervision can be conducted virtually over secure video platforms.

Assessment and Treatment Opportunities: This placement offers a wide range of clinical opportunities, with a focus on group therapy and psychological assessment with dually diagnosed Veterans. The intern will learn how to administer and interpret psychosocial/diagnostic interviews. The intern will serve as a co-facilitator for treatment groups that integrate evidence-based interventions (i.e., CBT, ACT, DBT, MI, RP, etc.) for veterans at varying levels of recovery from substance use and psychiatric disorders. The intern will carry an individual therapy caseload tailored to their interests and training goals, which may include CBT-SUD, CBT for Insomnia, EBPs for PTSD, CBT or ACT for psychosis, or a health psychology-oriented intervention. The intern may choose to provide informal, “layered” clinical supervision in the later stages of training (via structured format and feedback sessions with graduate student therapists) when available.

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

Research Opportunities: Research opportunities focused on clinical program development and quality improvement initiatives, including publication opportunities, are available within the DDRP clinic and ADTP teams. Additional research opportunities may be available with faculty at VASDHS/UCSD upon dissertation completion.

Primary Location: La Jolla VA Medical Center

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

Number of Staff in Clinic: 4

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

Primary supervisor: James E. McDonald, Ph.D.

**Dr. McDonald** received his Ph.D. in Counseling Psychology from Marquette University in 2021. In addition to his role as a Clinical Psychologist and primary supervisor in the Dual Diagnosis Recovery Program, he also maintains appointments as a Health Sciences Assistant Clinical Professor in the Department of Psychiatry at UC San Diego and as an Adjunct Professor at Marquette University. He matched for his pre-doctoral clinical internship at the William S. Middleton VA in Madison Wisconsin, where he completed rotations in the Addictive Disorders Treatment Program, Mental Health Clinic, Health Psychology, Behavioral Sleep Medicine, and PTSD Clinical Teams. Dr. McDonald went on to graduate from the VA Interprofessional Advanced Fellowship in Addiction Treatment, during which time he focused on writing a Career Development Award aimed at enhancing programming for veterans with Opioid Use Disorder. Dr. McDonald is certified in Cognitive Processing Therapy for PTSD and has strong interests in antiracist practice, clinical supervision, functional-contextualism, harm-reduction, and strengths-based approaches to research and clinical work.



<https://profiles.ucsd.edu/james.mcdonald>

## **Position 7**

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

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

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

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

*Tobacco and Nicotine Treatment Program:* In addition, interns will be involved in the Tobacco and Nicotine Treatment (TNT) Program that includes a weekly group supervision meeting providing structured training in elements of tobacco treatment. Trainees will receive tobacco and nicotine treatment training consisting of 1 hour of group treatment and/or 1 hour of consultation clinic experience (assessment and treatment engagement) along with attending the Group Supervision weekly. Key training opportunities include 1) evidence-based counseling in group settings and 2) assessment, MI-based treatment engagement and time limited brief telephone intervention for patients referred to the TNT consult clinic. The VASD TNT consultation clinic receives approximately 1,000 referrals annually representing a broad range of patients including a substantial proportion of veterans with mental illness, chronic pain, sleep disorders and SUD's. All supervision, oversight and documentation would be managed by tobacco clinic staff.

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

Research Opportunities: Interns are welcome to collaborate with VA faculty on ongoing research projects.

Primary Location: La Jolla VA Medical Center

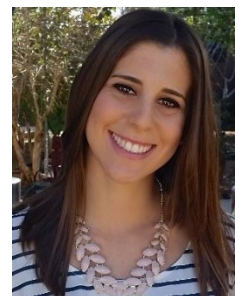
Patient Population: Interns will work with Veterans with PTSD from all trauma types, including combat (all eras), military sexual trauma, and childhood trauma. The SARRTP patient population is very diverse.

Number of Staff in Clinic: Approximately 25

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

Primary supervisors: Claire Stagnaro, Psy.D.

**Dr. Stagnaro** received her Psy.D. in Clinical Psychology from Azusa Pacific University in 2021 and completed a predoctoral internship at the Southern Arizona Psychology Internship Center (SAPIC). She also completed a postdoctoral fellowship on SARRTP at VASDHS/UCSD. Dr. Stagnaro is currently a staff psychologist at VASDHS where she serves as the director of the SARRTP PTSD track, which provides evidence-based PTSD treatment to veterans currently engaging in residential substance use disorder (SUD) treatment. Dr. Stagnaro has specialized training the treatment of co-occurring PTSD/SUD and serves as the San Diego VA PTSD/SUD specialist. Outside of work, Dr. Stagnaro enjoys spending time with her husband, discovering new places to eat, and being outdoors with her dog.



**VA Behavioral Health Interdisciplinary Program (BHIP) (General Mental Health) La Jolla**

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

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

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

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

Didactics /Team Meetings: 1 hour interdisciplinary team meeting

Research Opportunities: Mostly related to program development/evaluation

Primary Location: La Jolla VA Medical Center

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

Number of Staff in Clinic: 2 psychologists, 1 licensed clinical social worker, 2 psychiatrists, 2 nurse practitioners, 1 RN, and 1 peer support specialist Number of Trainees in Clinic: 4 psychology trainees (1 intern, 2 psychology fellows, 1 practicum student)

Primary Supervisor: Natalie Castriotta, Ph.D.

**Dr. Castriotta** received her Ph.D. in Clinical Psychology from the University of California, Los Angeles (UCLA) in 2013 after completing a predoctoral internship in clinical psychology at the VA Long Beach. She completed postdoctoral fellowships within both the VA San Diego/UCSD Postdoctoral Residency Program and the UCLA Anxiety and Depression

Research Center, where she specialized in evidence-based treatment for anxiety and related disorders. Dr. Castriotta is a Staff Psychologist at the VA San Diego within the Behavioral Health Interdisciplinary Program (BHIP) and an Assistant Clinical Professor within the UCSD psychiatry department. Dr. Castriotta also serves as the Training Director for the one year Clinical Psychology Postdoctoral Fellowship. Dr. Castriotta's clinical interests center on the use of cognitive behavioral therapy (CBT, including third-wave) in the treatment of a wide range of anxiety, mood, trauma, and personality disorders. Dr. Castriotta's research interests include the mechanisms of change following cognitive and behavioral treatments, strategies for optimizing the effectiveness of exposure-based therapies, and means of disseminating evidence-based treatments. <https://profiles.ucsd.edu/natalie.castriotta>



## **Position 8**

### **VA Behavioral Health Interdisciplinary Program (BHIP) (General Mental Health) Kearny Mesa**

Overview: The Behavioral Health Interdisciplinary Program (BHIP) is a general mental health clinic. Our interdisciplinary team works with a panel of Veterans experiencing a wide array of difficulties associated with trauma, mood, and anxiety. Veterans served in BHIP often have recurrent, chronic, and/or comorbid conditions. The goal of BHIP is to provide comprehensive, interdisciplinary care to Veterans that is grounded in research and theory. Interns within BHIP will learn skills and theory in many evidence based treatments, how to apply treatment in a transdiagnostic setting, and how to work within an interdisciplinary team.

Supervision: Interns will receive one hour of individual supervision with their primary supervisor each week, in addition to group supervision via team meetings/huddles. Supervision may include direct/live observation of sessions or co-therapy, and audio or video recording of sessions. Opportunities for interns to provide layered clinical supervision of more junior trainees may also be available.

Assessment and Treatment Opportunities: Interns have the opportunity to gain experience in: a) diagnostic assessment; b) individual therapy; c) group therapy; d) consultation with other disciplines. BHIP offers the opportunity to train in many evidence based psychotherapies and to treat a large variety of diagnoses. The primary theoretical orientation centers on cognitive behavioral approaches with opportunities to deliver many other treatments, including Interpersonal Psychotherapy, Cognitive Processing Therapy, Dialectic Behavior Therapy, Acceptance and Commitment Therapy, CBT for Insomnia, and Prolonged Exposure.

Didactics /Team Meetings: 1 hour interdisciplinary team meeting and daily clinical huddles.

Research Opportunities: If interested, interns may conduct program development and/or evaluation by identifying a clinical question and collecting data within the clinic.

Primary Location: Kearny Mesa Community Based Outpatient Clinic

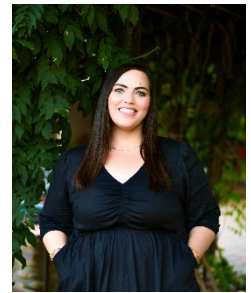
Patient Population: Veterans from all eras of services with diversity in terms of race, ethnicity, gender identity, and sexual orientation. Age range of approximately 20-75 years.

Number of Staff in Clinic: Over 30 clinical staff. The clinical team consists of psychology, psychiatry, nursing, social work, pharmacy, peer support specialists, and care coordinators.

Number of Trainees in Clinic: 1 intern, 2 postdoctoral fellows, 2-4 practicum students.

Primary Supervisor: Veronica Kassab, PhD

**Dr. Kassab** received her PhD in Clinical Psychology from Central Michigan University in 2014 after completing a predoctoral internship at Western Youth Services. She completed a postdoctoral fellowship in HIV and liver disease at the John D. Dingell VA in Detroit, MI in 2015. Dr. Kassab is currently a program manager in the outpatient mental health clinic at the Kearny Mesa CBOC supervising staff on the Kearny Mesa BHIP and PTSD Clinical Teams. She has been a staff psychologist with a VASDHS since 2016 and prior to that was a staff psychologist at the Aleda E. Lutz VA. Dr. Kassab is an Assistant Clinical Professor of Psychiatry at UCSD. Her clinical and research interests include application of EBPs in community settings and program development and evaluation to improve the accessibility and utilization of services.



<https://profiles.ucsd.edu/veronica.kassab>

## VA Neuromodulation Program

Overview: The Neuromodulation Program is a specialized recovery-oriented outpatient clinic providing ketamine treatment, transcranial magnetic stimulation (TMS), and electroconvulsive therapy (ECT) to Veterans with treatment-resistant depression. Common comorbidities include trauma/PTSD, suicidality, chronic pain conditions, and personality disorders. The philosophy of this innovative program is that the integration of neuromodulation treatments with psychotherapies and complementary practices to teach the Veteran more helpful ways of thinking and behaving present an opportunity for healing and can help to unlock their full potential. Trainees will gain valuable experience implementing these treatments in a VA setting, adapting evidence-based and promising psychotherapies in a flexible manner, and learning how to effectively work with patients in an altered state of consciousness induced by ketamine. Our ketamine treatment program is one of the largest in the VA network and several of our clinical staff are involved in cutting edge research on psychedelic medicine, neuromodulation treatments, and mood disorders.

Supervision: Supervision will take place in individual and group formats and will include co-therapy. Opportunities for providing layered clinical supervision of a psychology practicum student or psychiatry resident may also be available, as well as providing consultation to nursing staff on patient care issues.

Assessment and Treatment Opportunities: The intern will conduct clinical assessments as indicated (e.g., symptoms, attitudes, suicide risk, values, recovery goals, psychotherapy needs)

as well as brief cognitive assessments, learn to present results to providers and the treatment team, and provide feedback to Veterans to guide their recovery planning. The intern will learn about the delivery and mechanisms of ketamine treatment, TMS, and ECT and will have the opportunity to observe Veterans receiving these treatments. Training is provided in ketamine assisted psychotherapy (KAP), an eclectic intervention drawing from principles of evidence-based and promising therapies and the psychedelic medicine tradition, designed to augment the neurobiological and psychological therapeutic effects of ketamine. The intern will also facilitate individual and group psychotherapy and psychosocial rehabilitation services designed to promote recovery from chronic mental health conditions (e.g., CBT, ACT/mindfulness, DBT skills, compassion-focused therapy, recovery planning, Whole Health). There may also be opportunities to contribute to program development, including developing patient and provider education materials.

Didactics/Team Meetings: The intern will attend weekly multidisciplinary treatment team meetings and monthly didactics focusing on neuromodulation treatments for people with treatment-resistant mental health conditions. They will also have the opportunity to make educational presentations to clinical staff at the unit.

Research Opportunities: As time and interest permits, the intern may become involved in relevant clinical research opportunities or conduct program evaluation.

Primary Location: La Jolla VA Medical Center

Patient Population: Veterans with treatment-resistant depression and comorbid conditions including PTSD, personality disorders, and chronic pain.

Number of Staff in Clinic: Interprofessional team including 4 psychiatrists, 2 psychologists, 10 nursing staff, 1 peer support specialist, 1 psychology practicum student, psychiatry residents, and medical students.

Number of Trainees in Clinic: 1 psychology intern (half-time) and 1 psychology practicum student.

Primary Supervisors: Dimitri Perivoliotis, Ph.D. and Andrew Bismark, Ph.D.

**Dr. Perivoliotis** is a Clinical Professor of Psychiatry at UCSD and staff psychologist at the VASDHS Neuromodulation Program. He received his Ph.D. in 2006 from the SDSU/UCSD Joint Doctoral Program in Clinical Psychology after completing an internship at the NewYork-Presbyterian Hospital/Weill Cornell Medical Center. He then completed a postdoctoral fellowship with Aaron T. Beck at the University of Pennsylvania School of Medicine, where he co-developed Recovery-Oriented Cognitive Therapy (CT-R) for serious mental illness. Dr. Perivoliotis previously managed the award-winning, CARF-accredited VASDHS Center of Recovery Education (CORE) Psychosocial Rehabilitation & Recovery Center, and served as the training director of the Interprofessional Fellowship Program in PSR and Recovery Oriented Services. He was previously Lead US Adherence Rater for the Multidisciplinary Association for Psychedelic Studies (MAPS) Phase 3 trial of MDMA-assisted

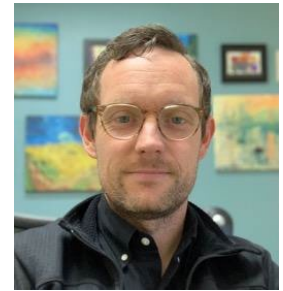




therapy for PTSD and is a co-investigator of a VASDHS study of MDMA-assisted cognitive-behavioral conjoint therapy (CBCT) for PTSD.

<https://profiles.ucsd.edu/dimitri.perivoliotis>

**Dr. Bismark** is an Assistant Clinical Professor of Psychiatry at UCSD and staff psychologist in the VASDHS Acute and Intensive Mental Health Service and Neuromodulation programs. Dr. Bismark received his Ph.D. in 2014 from the University of Arizona after completing his predoctoral internship at the Boston Consortium in Clinical Psychology (VA Boston Healthcare System/Harvard University/Boston University). He completed a postdoctoral research fellowship at the VASDHS Mental Illness Research Educational and Clinical Center (MIRECC) with an emphasis on biomarkers of severe mental illness. He is also a co-investigator of a VASDHS study of MDMA-assisted CBCT for PTSD.



<https://profiles.ucsd.edu/andrew.bismark>

## **Position 9**

### **VA Neuropsychological Assessment Unit**

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

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

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

Didactics/Team Meetings: Interns attend the Clinical Neuropsychology Seminar series once

a week and have the opportunity to attend other team staff meetings, such as the quarterly Geropsychiatry Interdisciplinary team meeting, Brain Cuttings led by the UCSD Department of Pathology, to examine or present cases in a broader multidisciplinary diagnostic and treatment context.

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

Primary Location: La Jolla VA Medical Center

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

Number of Staff in Clinic: Approximately 7 (3 supervisors, 3 psychometrists) Number of Trainees in Clinic: Approximately 11-14 (3-5 postdoctoral fellows, 3 interns, 5-6 doctoral practicum students).

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

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



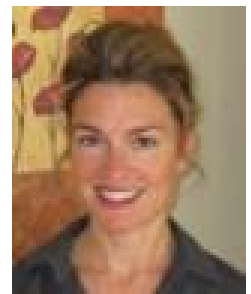
<http://profiles.ucsd.edu/katherine.bangen>

**Dr. Bondi** received his Ph.D. in Clinical Psychology from the University of Arizona in 1991 after completing a Predoctoral Internship in Clinical Psychology and Neuropsychology at the Veterans Affairs San Diego Healthcare System (VASDHS) and the University of California, San Diego (UCSD) School of Medicine (1990-1991). He then completed an NIH Postdoctoral Fellowship at UCSD from 1991-1993 prior to joining UCSD's faculty. Dr. Bondi is currently a Professor of Psychiatry at UCSD and Director of the Neuropsychological Assessment Unit at the VASDHS. He is a Diplomat of the American Board of Professional Psychology – Clinical Neuropsychology subspecialty – and Fellow of APA Division 40 (Clinical Neuropsychology) and the National Academy of Neuropsychology. He served on the Board of Governors of the International Neuropsychological Society, the Board of Directors for the American Board of Clinical Neuropsychology, and he is former President of the Society for Clinical Neuropsychology Division 40 of APA). Dr. Bondi was the recipient of a Mid-Career Investigator Award in Patient-Oriented Research from the National Institute on Aging, and he is principal investigator of multiple NIH R01 grants. His research interests center on the cognitive and brain changes of individuals at risk for dementia. He has published two books and over 230 articles and book chapters, serves on the editorial boards of several journals including the *Journal of the International Neuropsychological Society*, *Neuropsychology*, and as an Associate Editor of the *Journal of Alzheimer's Disease*.



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

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



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

**Dr. Jak** received her Ph.D. in Clinical Psychology from the University of Cincinnati in 2004 after completing a predoctoral internship in clinical psychology at the VASDHS and UCSD. She completed a postdoctoral fellowship in neuropsychology at the VASDHS/Veteran's Medical Research Foundation. Dr. Jak is a Professor of Psychiatry, UCSD School of Medicine, Section Chief for the VA Neuropsychology Service and Director of the Traumatic Brain Injury Cognitive Rehabilitation Clinic at the VASDHS. Dr. Jak's research interests include integrating neuropsychology, neuroimaging,



behavioral variables, and genetics to better understand traumatic brain injury as well as disorders of aging with funding from the DoD, VA, and Alzheimer's Association.

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

## **VA Primary Care Mental Health Integration (PCMHI) – Kearny Mesa Clinic**

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

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

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

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

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

Primary Location: Kearny Mesa VA Outpatient Clinic

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

Number of Staff in Clinic: 13 (5 psychologists, 4 PC-MHI nurse care managers, 3 psychiatrists, 1 MH Social Worker)

Number of Trainees in Clinic: 2 Practicum Students, 2 Psychology Interns, 1 Postdoctoral Resident, 1 Psychiatry Resident, 1 Psychiatry Fellow

Primary Supervisors: Benjamin Felleman, Ph.D.

**Dr. Felleman** received his Ph.D. in Clinical Psychology from Seattle Pacific University. He completed both his predoctoral internship and postdoctoral residency at UCSD and the

VASDHS. He obtained specialized training in the delivery of evidenced-based interventions in interdisciplinary settings (e.g., addictions treatment centers, primary care, oncology clinics). Dr. Felleman is a Volunteer Assistant Clinical Professor in the UCSD School of Medicine, Department of Psychiatry, and a staff psychologist in the Kearny Mesa Primary Care Mental Health Integration (PCMHI) program. His clinical and research interests focus on the delivery of mindfulness and acceptance-based interventions for a variety of behavioral health conditions. Dr. Felleman is actively involved in interprofessional training and is the primary supervisor for the Mission Valley PCMHI rotation.



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

## **Position 10**

**VA Neuropsychological Assessment Unit** – see description above for Position 9

### **VA TBI Cognitive Rehabilitation Clinic/ VA Neuropsychological Assessment Unit**

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

Supervision: Individual and group supervision.

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

Assessment Unit (see above) to ensure a breadth of assessment experience.

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

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

Primary Location: La Jolla VA Medical Center

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

Number of Staff in Clinic: 3

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

Primary Supervisor: Amy Jak, Ph.D.

**Dr. Jak, Ph.D.** – see description above for Position 9

## **Position 11**

**VA Neuropsychological Assessment Unit** – see description above for Position 9

### **VA Inpatient Psychiatry**

Overview: VA inpatient psychiatry rotation provides brief neurocognitive screenings, neuropsychiatric assessments, and short-term treatment interventions for Veterans with acute mental health needs hospitalized on the VA Psychiatric Ward, transitional outpatients recently discharged following inpatient hospitalization, and Veterans receiving Neuromodulation treatments such as ketamine, Transcranial Magnetic Stimulation (TMS), or Electroconvulsive Therapy (ECT). Psychological services in the inpatient milieu include 1) brief neurocognitive and psychological assessments for diagnostic clarification and treatment planning purposes, and 2) implementation of evidence-based psychotherapies (individual and group modalities) utilizing short-term, evidence based protocols for Veterans with acute exacerbation of a wide range of serious mental illness presentations. Inpatient experiences also include participation in Inpatient Multidisciplinary Treatment Team rounds and didactics. Outpatient psychological services include provision of brief evidence-based psychotherapy protocols for individuals transitioning back into the community following inpatient psychiatric stabilization and treatment. Neuromodulation services include the provision of cognitive-based therapy protocols (both individuals and group) for Veterans receiving ketamine treatments for treatment resistant depression, PTSD, and/or chronic pain.

Supervision: Supervision includes individual supervision, group supervision, (supervision can include co-therapy). Assessment and Treatment Opportunities: The assessment component combines a brief, flexible neurocognitive screening battery with standardized, psychological

assessment tools (MMPI2-RF, MCMI3, PAI, etc.). Training includes formulation of integrated reports, presentation of results to providers and treatment teams, and utilizing feedback sessions to implement recommendations and recovery planning. Training in treatment modalities takes place in a range of clinical settings and with diverse patient groups: inpatient treatment includes individual and group therapy focused on skills building utilizing evidence-based psychotherapies including CBT, ACT, MI, DBT, and mindfulness. Outpatient psychotherapy focuses on brief transitional care (“bridge care”) for veterans recently discharged from inpatient psychiatry. Neuromodulation clinic opportunities will focus on the delivery of individual evidence-based psychotherapy to veterans receiving ketamine treatments (ketamine assisted psychotherapy (KAP)) for treatment resistant depression, comorbid PTSD, and chronic pain. Group treatment modalities and some brief cognitive assessment opportunities are available within the Neuromodulation clinic as well.

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

Research Opportunities: This rotation has clinical research opportunities including participating as a therapist in clinical trials or through collaborations with several investigators who can discuss ongoing research projects.

Primary Location: La Jolla VA Medical Center.

Patient Population: Veterans (all ages) with acute and/or severe mental illness, substance use disorders, personality pathology, and suicidality.

Number of Staff in Clinic: Large interprofessional team, including psychologists, psychiatrists, social workers, a peer support specialist, occupational therapists, nursing, as well as psychology postdoctoral fellows, clinical psychology practicum trainees, psychiatric residents, and medical students.

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

Primary Supervisor: Andrew W. Bismark, Ph.D.

**Dr. Bismark** – see description above for Position 9

## **Position 12**

### **VA Telemental Health**

Overview: The VISN 22 TMH Center has 13 offices with state-of-the-art telehealth technology utilized for clinical care of Veterans across the VISN 22 Region. This Center consists of a multidisciplinary team of psychiatrists, psychologists, social workers, and researchers and a robust training program focused on providing Evidence-based Psychotherapy (EBP) specialty care to Veterans using live, interactive videoconferencing; particularly targeting those Veterans in rural and underserved communities. The VISN 22 TMH Center resides within the VASDHS operating under the Mental Health Care Line, providing individual, couple, and group therapy in addition to medication management to Veterans

presenting with range of mental health issues including PTSD, Depression, and Anxiety. The VISN 22 TMH Center provides opportunities to a range of clinical trainees to develop their EBP clinical skills, especially in providing treatment for PTSD. The intern will have opportunities to learn about EBPs and then have the unique opportunity to provide such therapies to Veterans using our innovative technology platforms, often to veterans in rural and/or underserved communities.

Supervision: Weekly individual supervision.

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

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

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

Primary Location: Old Town San Diego at the ASPIRE Center

Patient Population: Male and Female veterans; multiple war eras

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

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

Primary Supervisor: Jeffrey Poizner, Psy.D.

**Dr. Poizner** is a Staff Psychologist at VA San Diego and Health Sciences Assistant Clinical Professor at UCSD, specializing in providing evidence-based treatments to veterans via Telemental Health. Dr. Poizner completed his pre-doctoral internship at UCLA and post-doctoral fellowship at UCSD. He trains licensed clinicians nationwide in Prolonged Exposure (PE) and Cognitive Behavioral Therapy for Insomnia (CBT-I) as a Consultant in the VA National Training Initiatives for those treatments and is a National Trainer in the PE initiative. He also leads the weekly PE group consultation for all postdoctoral fellows and interns in PTSD clinical rotations at VA San Diego. Clinical and research interests include reducing barriers and improving access to evidence-based treatments for veterans with PTSD.



<https://profiles.ucsd.edu/jeffrey.poizner>

## VA ASPIRE Center

Overview: The ASPIRE Center is a 40-bed residential treatment facility focused on recovery from PTSD and in homeless/risk of homeless OEF/OIF/OND Veterans. Although symptom reduction is an important treatment goal of learning-based





interventions for PTSD, intervention targets have expanded to include quality of life and functioning in social and instrumental role domains among patients with more complex psychosocial needs and comorbidities. As such, the focus of rehabilitation and recovery efforts at the ASPIRE Center is to ultimately improve real-world community functioning. The program model parallels that of a community college, in which Veterans design, through shared decisions, a treatment plan that maps onto their individualized recovery plan. The Center provides state-of-the-art interprofessional rehabilitation, and the trainee will collaborate with ASPIRE staff representing the full range of disciplines, including nursing, psychiatry, psychology, neuropsychology, social work, vocational rehabilitation, chaplaincy, addiction therapists, and OT.



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

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

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

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

Primary Location: Old Town San Diego at the ASPIRE Center

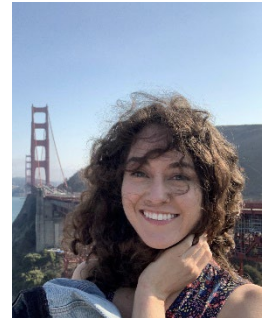
Patient Population: Male and female Veterans who are younger (aged 20 to 40 is typical) and who have been diagnosed with PTSD and are unstably housed. There is also opportunity to work with a subset of the Veterans who have primary diagnoses of psychotic disorders, chronic pain, mood disorders, or anxiety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

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

interventions.

Number of Trainees in Clinic: 1 psychology intern, 1 postdoctoral fellow Primary Supervisors: Adrienne Borders, Ph. D., Carl Rimmele, Ph.D.

**Dr. Borders** received her Ph.D. in Clinical Psychology from the University of New Mexico in 2019 after completing a predoctoral internship in clinical psychology at the Southwest Consortium (New Mexico VA Healthcare System, University of New Mexico Hospital, and Indian Health Service). She then completed a postdoctoral fellowship within the VA San Diego/UCSD Postdoctoral Residency Program, where she specialized in evidence-based treatment for PTSD and co-occurring disorders at the ASPIRE Center. She has since served in staff psychologist positions within VASDHS and the San Diego Vet Center. Dr. Borders currently holds the position of staff psychologist at the ASPIRE Center and supervises trainees within this residential treatment setting. She is experienced in Prolonged Exposure and is a Cognitive Processing Therapy provider. Her primary clinical interests include delivery of evidence-based trauma treatment in accordance with Whole Health and recovery-based models of care.



**Dr. Rimmele** is trained in Clinical Psychology with a focus on treating trauma, addiction and chronic pain. He has been with the VA Healthcare System for over 3 decades, and currently holds the position as Chief of the ASPIRE Center at VA San Diego. He is also the Regional Point of Contact for the Residential Rehabilitation Treatment Programs for the VISN Mental Health Lead. Previously he has held leadership positions at VA Puget Sound as Section Director, Chief of Inpatient Addiction Treatment, and Outpatient Mental Health Team Lead. He has a research focus on long-term outcomes of mental health treatment, healthcare utilization, and trauma treatment. In terms of clinical care, his area of focus is the implementation of the Whole Health model of care in PTSD treatment for Veterans from our most recent conflicts.



## **Position 13**

### **UC San Diego Health Medical Neuropsychology Cognitive Medicine Group (CMG)**

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

infectious disease, social work, and pharmacy.

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

Assessment and Treatment Opportunities: In addition to traditional neuropsychological assessment, placement specific opportunities include intraoperative brain mapping and Intracarotid Amytal (aka Wada) Procedures with the UCSD Comprehensive Epilepsy Service and Neuro-oncology Program. Other neurologic populations include Multiple Sclerosis, Dementia, Strokes and Traumatic Brain Injuries, and others with various neurologic involvement. Finally, trainees can also participate in sports concussion assessment and cognitive rehabilitation.

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

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

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

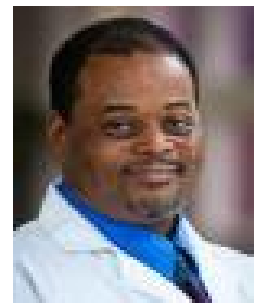
Patient Population: Culturally and ethnically diverse populations with primary medical/ neurological illnesses.

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

Number of Trainees in Clinic: 4-10

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

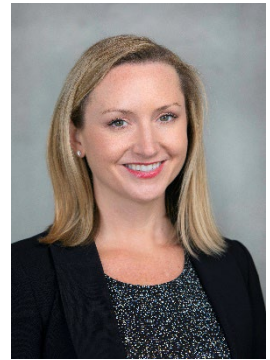
**Dr. Norman** received his Ph.D. in Clinical Psychology from Brigham Young University. He is a Clinical Professor of Psychiatry at the University of California, San Diego. He completed the University of California, San Diego/VA Psychology Internship program and a neuropsychology postdoctoral fellowship at the UC San Diego Alzheimer's Disease Research Center. Dr. Norman earned a Diplomate from the American Board of Professional Psychology, specializing in Clinical Neuropsychology. He provides clinical service to the Heart/Lung, Kidney/Pancreas, and Liver transplant teams. Also, he provides general neuropsychological evaluations as well as intracarotid amytal (aka Wada) procedures and awake brain surgery language mapping for the



UC San Diego Epilepsy and Brain Tumor Teams. Dr. Norman is the Executive Director of the International Neuropsychological Society and a Fellow of the American Psychological Association and National Academy of Neuropsychology. He is on the Board of Directors and oral examiner for the American Board of Clinical Neuropsychology and on the Professional Advisory Board for the American Epilepsy Foundation San Diego Chapter.

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

**Amanda Gooding, Ph.D., ABPP**, earned her PhD in Clinical Psychology at Fordham University with an emphasis in Neuropsychology and Health Psychology. She completed her predoctoral internship in clinical psychology at UCSD, and her postdoctoral fellowship at the Comprehensive Epilepsy Center at Columbia University Medical Center. She is board certified in Clinical Neuropsychology by the American Board of Professional Psychology and an Associate Professor in the Department of Psychiatry at UCSD. Dr. Gooding supervises and trains neuropsychology graduate students, interns, and postdoctoral fellows, and she provides clinical neuropsychological services to adolescents and adults with a wide range of neurological, medical, neurodevelopmental and psychiatric conditions, as well as other cognitive and learning disorders. She provides pre- and post-operative evaluations for individuals with epilepsy and brain tumors, and she has specialty training in intra-operative language mapping and intracarotid sodium amobarbital (i.e., Wada) procedures. She is the former Chair of the APA Division 40/SCN Early Career Neuropsychologist Committee, and she has served on several UCSD committees including the Department of Psychiatry Chair's Advisory Committee on Diversity Issues, the Women in Health Sciences Planning Committee, and the Associated Health Professions Education Committee. Broadly, her research interests focus on the impact of neurological disease on cognition and behavior, with a particular emphasis on improving functional outcomes.



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

### **UC San Diego Health Center for Brain Health and Memory**

Overview: The UC San Diego Health **Center for Brain Health and Memory** provides comprehensive outpatient geriatric and neuropsychological services. The Center for Brain Health and Memory outpatient program serves geriatric patients seeking evaluation for suspected memory or neurocognitive disorders. The psychologist and intern conduct comprehensive neuropsychological assessments in the context of multi-disciplinary dementia work-ups.

Supervision: Interns will be provided individual and group supervision.

Assessment and Treatment Options: At the Center for Brain Health and Memory, the focus is on conducting comprehensive neuropsychological assessments and providing feedback to patients and their families. Interns will learn how to 1) administer and interpret full psychosocial intake interviews of both the patient and collateral source(s) and 2) administer,

score, interpret, and write integrated reports based on the results of the neuropsychological evaluation.

Didactics/Team Meetings: Interns will attend multidisciplinary team meetings at least once per week.

Research Opportunities: If interested, interns may participate in research via co-writing manuscripts, or becoming involved in Dr. Banks' grant-funded research projects.

Primary Location: Center for Brain Health and Memory Outpatient Clinic in La Jolla.

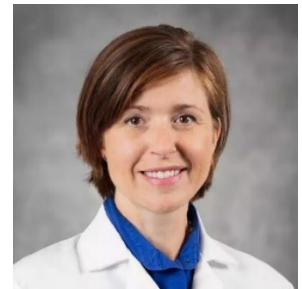
Patient Population: Mostly geriatric patients age 60 and older (with a small number of younger patients suspected of having dementia).

Number of Staff: Approximately 20

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

Primary Supervisors: Sarah Banks, Ph.D., ABPP, Lisa Delano-Wood, Ph.D.

**Dr. Banks** is a board-certified neuropsychologist who treats patients with neurodegenerative conditions such as Alzheimer's disease, frontotemporal dementia, primary progressive aphasia and mild cognitive impairment. She serves as director of neuropsychology at the multidisciplinary Center for Brain Health and Memory. Her research interests include using neuroimaging techniques (positron emission tomography [PET] and MRI) to better understand how and why cognition changes with Alzheimer's disease and related disorders. Prior to joining UC San Diego Health, Dr. Banks was head of neuropsychology at Cleveland Clinic Lou Ruvo Center for Brain Health in Las Vegas. She also was associate professor of medicine at Cleveland Clinic Lerner College of Medicine at Case Western Reserve University in Cleveland. Dr. Banks completed postdoctoral fellowship training in clinical neuropsychology at Montreal Neurological Institute at McGill University in Canada. She earned her doctoral degree in clinical psychology (neuropsychology track) from Northwestern University in Chicago.



<https://profiles.ucsd.edu/sarah.banks>

**Dr. Delano-Wood, Ph.D.** – see description above for Position 9

## **Position 14**

**UC San Diego Health Eating Disorders Center for Treatment and Research (UCSD EDC): Adult/Adolescent**

<http://eatingdisorders.ucsd.edu/index.html>

Overview: UCSD EDC provides day treatment and intensive outpatient treatment for children, adolescents and adults with anorexia nervosa (AN), bulimia nervosa (BN), avoidant/restrictive food intake disorder (ARFID), and OSFED. The Adolescent and Adult programs are located in our La Jolla outpatient clinic. The multidisciplinary treatment team

consists of psychologists, social workers, psychiatrists, marriage and family therapists, nurses, and dietitians.

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

Assessment and Treatment Opportunities: Our Adult and Adolescent programs offer both Partial Hospital and Intensive Outpatient services. Our Adult clinic is run according to a dialectical behavior therapy (DBT) model, and we also offer CBT, ACT, cognitive processing therapy, and a variety of other types of therapy groups. Our Adolescent clinic is run according to a Maudsley (Family-Based Therapy) model, with DBT skills and principles integrated throughout the program. In both programs, interns see individual patients and families, lead/colead patient and family groups, and will eat meals with patients in order to provide meal support. Interns also have the opportunity to conduct brief neuropsychological assessments and write integrated reports to address referral questions from the treatment team.

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

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

Primary Location: Chancellor Park Outpatient Clinic La Jolla

Patient Population: Interns will gain experience working with Adolescents (ages 11-18) and Adults (18+, but the majority of adults are between 18 and 30). Most patients are Caucasian, but we also work with Latinx, Asian and African-American patients. Approximately ~90% of adolescent and adult patients are female.

Number of Staff in Clinic: ~100

Number of Trainees in Clinic: 4 psychology interns, 6-8 MFT, PhD or PsyD practicum students, 6-8 postdoctoral fellows.

Primary Supervisors: Leslie Anderson, Ph.D., Christina Wierenga, Ph.D.

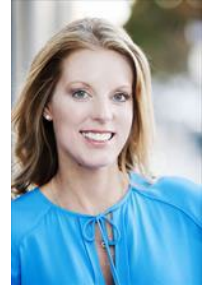
**Dr. Anderson** is a clinical associate professor and the Training Director at the UCSD Eating Disorders Center. She has a Ph.D. in Clinical Psychology from the University of Kansas and completed her clinical internship at Duke University Medical Center. She is a Linehan certified DBT therapist, and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



disorders, suicidality, and related topics in the community and at national conferences and serves in several leadership roles within the Academy of Eating Disorders.

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

**Dr. Wierenga** is a Professor, Clinical Neuropsychologist, Co- Director of the Research Program at the UCSD Eating Disorders Center, and the Co-Director of Internship Training. She received her Ph.D. in Clinical Psychology with a specialization in Neuropsychology, Neurorehabilitation, and Clinical Neuroscience from the University of Florida and completed an NIH postdoctoral fellowship at UCSD in Biological Psychiatry and Neuroscience. She is an expert in the neurobiology of eating disorders, and conducts neuroimaging and neuropsychological research examining the brain basis of disordered eating, with an emphasis on key constructs that contribute to altered motivation to eat, including cognitive control, reward processing, learning, and interoception. She is also involved in treatment development efforts for eating disorders guided by a neurobiological understanding of temperament-based behavior, as well as treatment outcome studies. Dr. Wierenga is a CA licensed Clinical Psychologist and supervises clinical trainees in the Adolescent Eating Disorders Program and primarily uses FBT, DBT, and CBT. She also conducts neuropsychological assessments in both the Adolescent and Adult Programs. She has published over 100 peer-reviewed papers, has been funded by the National Institutes of Health (NIMH, NIDDK), National Eating Disorders Association, the Department of Veterans Affairs, and the Alzheimer's Association, and serves in leadership roles within the Academy of Eating Disorders.



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

### **Rady Children's Pediatric Primary Care Mental Health Integration (PPCMHI): Mid-city**

Overview: Rady Children's Pediatric Primary Care Mental Health Integration rotation is part of the [Transforming Mental Health](#) initiative that aims to integrate highly trained mental health therapists in pediatric primary care clinics throughout San Diego and Riverside County. Mental health providers in this program work with youth (typically ages 5-18 years) with mild-to-moderate behavioral health concerns including depression, anxiety, adjustment difficulties, attention concerns, stress related to chronic illness, and family stressors. There is a strong emphasis on collaboration and working within a multi-disciplinary team that includes Pediatricians, Child Psychiatrists, and Care Coordinators. Additionally, a brief, solution-focused model of evidence-based therapy is utilized by this program. Prospective interns may learn more about the program by visiting: [Transforming Mental Health Initiative \(rchsdsd.org\)](http://rchsdsd.org).

Supervision: Interns will participate in individual supervision on a weekly basis. Interns will also attend weekly multi-disciplinary Treatment Team and Registry Conference meetings as well as weekly didactic trainings focused on brief, solution-focused intervention.

Assessment and Treatment Opportunities: Interns will have the opportunity to work closely

with multi-disciplinary teams at our Mid-city regional Hub that serves youth referred by primary care providers at several clinics. Interns will develop assessment and targeted intervention skills related to brief, solution-focused care that promotes child and family functioning. Interns will be trained as generalist providers and will provide outpatient therapy to youth of varying ages, demographic backgrounds, and with various presenting concerns. Interns will also communicate with Primary Care Providers, Psychiatrists, and Care Coordinators related to treatment progress. There is an emphasis on the use of evidence-based cognitive-behavioral approaches. Interns may also co-lead groups for coping skills, parent management training, and health promotion.

Didactics/Team Meetings: Inter-disciplinary Treatment Team Meetings, Primary Care Registry Conferences, Bi-monthly Clinical Team Meetings, and In-Service Trainings.

Research Opportunities: Interns will have the opportunity to collaborate on ongoing quality improvement initiatives and other clinical research projects.

Primary Location: Rady Children's Hospital Satellite Hub Clinic –Mid-City Hub in the City Heights neighborhood.

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

Number of Staff in Clinic: 5-10 staff at physical location but will attend virtual meetings with over 50 staff (primary care providers, child psychiatrists, care coordinators, social workers)

Number of Trainees in Clinic: 2-3

Primary Supervisors: Kriston Schellinger, Ph.D., Nicole Carr-Lee, Psy.D. (secondary)

**Dr. Schellinger** is a clinical psychologist and supervisor with the Transforming Mental Health Pediatric Primary Care Mental Health Integration Program at Rady Children's Hospital. She earned her Ph.D. in clinical psychology with an emphasis in pediatric psychology and infant mental health at Loyola University Chicago. Dr. Schellinger completed her pre-doctoral clinical internship at the University of Tennessee Health Science Center and completed her post-doctoral fellowship in infant mental health at Children's Hospital Colorado. Her clinical and research interests focus on mental health integration in pediatric primary care, early intervention, health promotion, as well as addressing maternal mental health concerns within pediatric primary care.

<https://profiles.ucsd.edu/kriston.schellinger>

**Dr. Carr-Lee** is a clinical psychologist and Director of Clinical Operations and Integration with the Transforming Mental Health Pediatric Primary Care Mental Health Integration





Program at Rady Children's Hospital. She earned her Psy.D. in clinical psychology at the PGSP-Stanford Psy.D. Consortium. Dr. Carr-Lee completed her pre-doctoral clinical internship at St. John's Child and Family Development Center. Her clinical and research interests focus on mental health integration in pediatric primary care, behavioral health, cultural safety and competency, as well as family based clinical interventions.

<https://profiles.ucsd.edu/nicole.carr-lee>



## **Position 15**

**UC San Diego Health Eating Disorders Center for Treatment and Research (UCSD EDC): Adult/Adolescent** – see description above for Position 14

**Rady Children's Pediatric Primary Care Mental Health Integration: Mid-city-** see description above in Position 14

## **Position 16**

**UC San Diego Health Eating Disorders Center for Treatment and Research (UCSD EDC): Adult/Adolescent** – see description above for Position 14

### **Rady Medical Behavioral Unit (MBU)**

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

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

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

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

Research Opportunities: Opportunities are available to become involved in ongoing research projects at the Medical Behavioral Unit and in collaboration with investigators at the UCSD Eating Disorder Center.

Primary Location: Rady Children's Hospital San Diego

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

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

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

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

**Dr. Maginot** works at the Medical Behavioral Unit at Rady Children's Hospital/ UCSD Eating Disorders Center for Treatment and Research Program. She is an Associate Clinical Professor of Psychiatry at UCSD. Tammy earned her Ph.D. in clinical psychology with an emphasis in pediatric health from the California School of Professional Psychology. Tammy completed her clinical internship at Sharp Healthcare in San Diego and completed her doctoral dissertation on the effect of weight on elementary school aged children’s social competence. Tammy’s clinical and research interests include working with children and adolescents managing chronic medical conditions, trauma-informed care, family-based treatment of obesity and eating disorders, and medical stabilization of eating disorders.



<https://profiles.ucsd.edu/tamara.maginot>

## **Position 17**

### **Rady Children’s Outpatient Psychiatry Clinic (COPS)**

Overview: Rady Children's Outpatient Psychiatry Clinic serves the diverse mental health needs of children and their families from San Diego and Imperial Counties. The clinic is the largest provider of Medicaid-funded outpatient mental health services for children and adolescents in San Diego with a wide variety of psychiatric disorders. Client age range is 2-21 years old. There is a strong emphasis on implementation of evidence-based interventions. Interns’ work with families are supported by case managers, administrative support, and AOD counselors. There

is a strong community collaboration, including interaction with child protective services, family or juvenile courts, other health care providers, and school systems.

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

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

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

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

Primary Location: Rady Children's Hospital

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

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

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

Primary Supervisor: Katherine Williams, Ph.D.

**Dr. Williams** received her undergraduate degree in Psychology at UCSD and graduate degrees in Clinical Psychology at Pepperdine University & Loma Linda University. She completed her doctoral internship at the UCSD/VA Psychology Internship Training Program, and postdoctoral research fellowship at the Child & Adolescent Services Research Center. Dr. Williams is the supervising psychologist at the Department of Outpatient Psychiatry, Rady Children's Hospital. She is a Clinical Professor of Psychiatry at UCSD, where she teaches and mentors medical students and psychiatry fellows within the School of Medicine, and supervises UCSD psychology interns and SDSU/UCSD Joint Doctoral Program practicum



students. Dr. Williams has presented at Grand Rounds, conducted clinical trainings, co-authored books, articles, and research presentations nationally and internationally. Her clinical interests include modular approach to cognitive-behavioral therapy, as well as assessment of autism spectrum disorders. Her research interests focus on understanding factors that influence the fidelity and effective implementation of evidence-based practices in the treatment of childhood emotional and behavioral disorders. Dr. Williams writes *The Modern Child*, a national blog for Psychology Today, as well as hosts the Ask Dr. Kat show on BellaV TV. She is the primary author of *Modular CBT for Children and Adolescents with Depression: A Clinician's Guide to Individualized Treatment*.

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

### **UC San Diego Health Peds/Adolescent Eating Disorders Clinic (Pediatric Program)**

– for Adolescent Program see description above in Position 14

<http://eatingdisorders.ucsd.edu/index.html>

Overview: UCSD EDC provides day treatment and intensive outpatient treatment for children, adolescents and adults with anorexia nervosa, bulimia nervosa, binge eating disorder (BED), avoidant/restrictive food intake disorder (ARFID), and OSFED. The Pediatric program is located in our La Jolla outpatient clinic. The multidisciplinary treatment team consists of psychologists, social workers, psychiatrists, marriage and family therapists, nurses, and dietitians. Supervision: Interns participate in weekly individual and group supervision. Feedback on videotaped individual sessions is provided.

Assessment and Treatment Opportunities: Pediatric patients can be in Day Treatment (6 hrs a day) or IOP (3 hrs a day). Our Pediatric clinic is run according to a Maudsley (Family-Based Therapy) and Cognitive Behavioral Therapy model, with an emphasis on Exposure and Response Prevention in our ARFID treatment. Interns see individual patients, lead/co-lead patient and family groups, and will eat meals with patients in order to provide meal support. Interns also have the opportunity to conduct brief neuropsychological assessments and write integrated reports to address referral questions from the treatment team.

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

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

Primary Location: Chancellor Park Outpatient Clinic La Jolla

Patient Population: Interns will gain experience working with children ages 7-13 with anorexia nervosa (~50%) and avoidant restrictive food intake disorder (ARFID; ~50%). Most children are Caucasian, but we also work with Latinx, Asian and African-American patients. Approximately 50% of pediatric patients are female.

Number of Staff in Clinic: ~100 (~10 in Pediatric Program)

Number of Trainees in Clinic: 4 psychology interns, 6-8 MFT, PhD or PsyD practicum students, 6-8 postdoctoral fellows.

Primary Supervisor: Ana Ramirez, Ph.D.; Christina Wierenga, Ph.D.

**Dr. Ramirez** is an Assistant Clinical Professor and Director of the Pediatric Program at the UCSD Eating Disorders Center. She received her Ph.D. in Clinical Psychology from Texas A&M University and completed her postdoctoral fellowship at the UCSD Eating Disorders Center. Dr. Ramirez is a licensed Clinical Psychologist in the state of CA and a certified bilingual (Spanish) provider. She has conducted individual, family, and group therapy for eating disorders in the Adult, Adolescent, and Pediatric programs at the UCSD Eating Disorders Center. Dr. Ramirez has training in Family-Based Treatment, Dialectical Behavior Therapy, Cognitive Behavioral Therapy, and Exposure/Response Prevention for Obsessive Compulsive Disorder. Dr. Ramirez supervises clinical trainees in the Adolescent and Pediatric programs. Her research interests include treatment development, evaluation, and outcomes, and the adaptation of available treatments for culturally diverse patient populations; she has published multiple papers and book chapters in these areas. Her passion is working to ensure that ethnic minorities have equal access to evidence-based treatments.



<https://profiles.ucsd.edu/ana.ramirez>

**Christina Wierenga, Ph.D.** – see description above for Position 14

## **Position 18**

**Rady Children’s Outpatient Psychiatry Clinic (COPS)** - See description above for Position 17

### **Rady Children’s Pediatric Medical Psychology Rotation**

Overview: Rady Children's Pediatric Psychology rotation is embedded in the divisions of Endocrinology, Gastroenterology and Neurology and serves youth with comorbid chronic medical conditions and mental health needs from San Diego, Imperial and Southern Riverside counties. Youth with chronic medical conditions (e.g., Type 1 diabetes mellitus, inflammatory bowel disease, epilepsy) are often impacted by unique challenges and are at increased risk for maladaptive behaviors (e.g., poor adherence), adjustment difficulties, functional impairments, psychosocial distress, and poor health outcomes. There is a strong emphasis on assessment of barriers to improve adherence to medical regimens and self- management, psychosocial adjustment, the developmental trajectory of coping with chronic medical conditions, and the delivery of evidence-based interventions to optimize functioning. Patients range in age from 2 to 21 years old.

Supervision: Interns will participate in individual supervision on a weekly basis. Supervision will include observations of clinic consultations and therapy.

Individual psychotherapy supervision will focus on promoting patient/family- centered care with strong consideration of cultural factors under a theoretical framework of evidence-based assessment and intervention approaches.

Assessment and Treatment Opportunities: Interns will have the opportunity to work closely with medical teams and provide specialized consultation in several medical clinics. Interns will develop assessment and targeted intervention skills focused on child and family adherence to medical regimens, symptom management and psychosocial adjustment to chronic medical conditions. In addition to clinic-based consultation, interns will also provide short-term, targeted outpatient therapy to youth with chronic medical conditions and co-morbid mental health concerns. Interns will maintain an outpatient treatment caseload with referrals that include youth with difficulties secondary to chronic illness including adherence, functional symptoms, chronic pain, procedural anxiety, behavioral challenges, and issues related to coping and adjustment to illness. There is an emphasis on the use of evidence-based cognitive-behavioral and behavioral approaches. Interns may also co-lead groups for coping and adjustment to specific chronic conditions.

Didactics/Team Meetings: Child and Adolescent Psychiatry Grand Rounds, Clinical Consultations, Inter-disciplinary Treatment Team Meetings, and In- Service Trainings.

Research Opportunities: Opportunity to collaborate or participate in quality of life and transition readiness projects with clinical research investigators within each division.

Primary Location: Rady Children's Hospital

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

Number of Staff in Clinic: 20+ (attending physicians, dieticians, diabetes educators, nurse practitioners, social workers)

Number of Trainees in Clinic: 4-6 (including medical residents, division specific fellow physicians)

Primary Supervisor: Eve Nguyen, Ph.D.

**Dr. Nguyen** is the program lead pediatric psychologist at Rady Children's Hospital for the divisions of Endocrinology, Gastroenterology and Neurology. She earned her Ph.D. in clinical psychology with an emphasis in pediatric psychology at Rosalind Franklin University of Medicine and Science. Dr. Nguyen completed her pre-doctoral clinical internship at Kennedy Krieger Institute and Johns Hopkins University School of Medicine and completed her post-doctoral fellowship in pediatric psychology at Children's Hospital Orange County, where she joined as the attending psychologist in oncology. Her clinical and research interests focus on promoting adherence in youth with



various chronic medical conditions and improving quality of life, psychosocial and health issues specific to adolescent and young adults (AYA) as well as engaging underserved communities to enhance and destigmatize mental health. Her work has been published in the Journal of Pediatric Psychology, among others, and she has presented her research on adherence, chronic medical conditions, and transition readiness at national conferences.

<https://profiles.ucsd.edu/eve.nguyen>

## **Position 19**

### **UC San Diego Health Center for Pain Medicine**

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

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

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

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

Research Opportunities: Interns will be connected with investigators performing research in their area of interest.

Primary Location: UC San Diego Health La Jolla Medical Offices

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

Number of Staff in Clinic: Approximately 20 pain and psychology fellows and attending

physicians, nurses, and administrative staff.

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

Primary Supervisor: Mirsad Serdarevic, Ph.D.

**Dr. Serdarevic** earned his doctorate from the University of Oregon. He completed his pre-doctoral internship at the University of Southern California Student Health Services APA - accredited Pre-Doctoral Psychology Internship Program, and his post-doctoral fellowship the University of British Columbia in Vancouver, Canada where he worked with diverse groups of undergraduate and graduate students. Dr. Serdarevic also completed one year of VA Fellowship in Advanced Geriatrics at the Palo Alto VA where he worked within multidisciplinary treatment teams within the contexts of geriatrics outpatient clinic, palliative care and hospice psychological services. He joined the UCSD Health Sciences faculty in the Department of Psychiatry in August of 2022. He also serves as an Assistant Clinical Professor of Psychiatry and an Attending Psychologist in the UC San Diego Center for Pain Medicine, Pain Psychology Clinic. Prior to joining UCSD Health, Dr. Serdarevic served in numerous roles including as an Assistant Professor of Psychiatry at the Medical College of Georgia School of Medicine, Integrated Behavioral Health Clinical Psychologist at the Navy Medical Center of San Diego, Program Supervisor at the Center for Behavioral Health of the Palomar Health and more recently as an Associate Professor of Applied Clinical Psychology at The Chicago School of Professional Psychology. He has published on numerous topics including Motivational Interviewing and immigrant mental health.



<https://profiles.ucsd.edu/mirsad.serdarevic>

### **UC San Diego Health Center for Healthy Eating and Activity Research (CHEAR)**

Overview: The UC San Diego Health CHEAR Clinic is an outpatient clinic that serves individuals through the lifespan with obesity and eating disorders. CHEAR has two levels of care: outpatient (OP) and intensive outpatient (IOP). Outpatient services include individual and group therapy for children, adolescents, adults and families with obesity, binge eating disorder, bulimia nervosa, anorexia nervosa, avoidant-restrictive food intake disorder, and emotional eating. The Intensive outpatient program is for adolescents and adults with Binge Eating Disorder and includes three hours of group per day, individual therapy, optional family therapy, individual appointments with a registered dietician, meal coaching, and exposure therapy. The primary treatments used in the clinic include cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), behavioral weight loss (BWL), family-based therapy (FBT), and regulation of cues (ROC).

Supervision: Individual and group supervision

Assessment and Treatment opportunities: The focus will be carrying a caseload of individual therapy cases with diverse diagnoses as well as facilitating group and individual therapy as part



of the intensive outpatient program. Interns will conduct intake interviews, develop treatment plans, implement treatment, and plan/implement treat termination.

Didactics/Team meetings: Interns at CHEAR will attend weekly treatment team meetings as well as didactic presentations through the UCSD Eating Disorders Center for Treatment and Research.

Research Opportunities: Interns have the opportunity to become involved in several ongoing grant-funded RCTs and will have access to existing data to support writing data-driven papers.

Primary Location: 3344 N Torrey Pines Ct La Jolla, CA 92037

Patient Population: Children, adolescents, adults and families with obesity or eating disorders.

Number of Staff in Clinic (7): 3 Licensed Clinical Psychologists, 1 Registered Dietician, 1 Post-doctoral PsyD Student, 1 Associate Marriage and Family Therapist, 1 Associate Social Worker

Number of Trainees in clinic (4): 4 Practicum students

Primary Supervisor: Dawn Eichen, Ph.D.

**Dr. Eichen** is an Assistant Professor in the department of Pediatrics at the UC San Diego Center for Healthy Eating and Activity Research (CHEAR). She received her Ph.D. in Clinical Psychology from Temple University. She was a NHLBI T32 fellow at Washington University in St Louis Medical School Center for Healthy Weight and Wellness before coming to CHEAR. Dr. Eichen is a licensed Clinical Psychologist in the state of CA. She has conducted individual, family, and group therapy for binge eating and obesity at UC San Diego CHEAR. Dr. Eichen has training in FBT, CBT, DBT, Behavioral Weight Loss Treatment, and ROC Treatment. She has been supervising trainees in the clinic and in the research studies since 2015 at CHEAR. Her research interests include targeting executive function to improve eating behavior and weight. She developed a treatment program to enhance executive function for adults with binge eating disorder to be paired with CBT. She has published over 50 papers and chapters related to eating disorders, eating behaviors, and weight management. She has been funded by the National Institutes of Health (NIDDK) and the Brain Behavior Research Foundation.



<https://profiles.ucsd.edu/dawn.eichen>

# Internship Policies and Procedures

## Qualification Standards

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

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

Office of Program Consultation and Accreditation American Psychological Association

750 First Street, N.E. Washington, DC 20002-4242

Phone: (202) 336-5979

Fax: (202) 336-5978

Email: [apaaccred@apa.org](mailto:apaaccred@apa.org)

Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)

## Application Procedures

The UCSD/VA Psychology Internship Training Program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). The internship year begins on July 1, every year. The application deadline is November 1, 2022. Applicants will complete and submit the AAPI Online to internship programs of interest. The AAPI can be completed at <http://www.appic.org>. In addition, the usual application packet (cover letter, CV, letters of recommendation, DCT verification of internship readiness graduate transcripts, and program specific application) will all be submitted through the online application portal. By mid-December a select number of applicants will be invited for a full day of interviews in early January. All interviews will be conducted virtually. Applicants are asked to rank order up to three positions that define their primary interests. Offers are tendered to applicants through the APPIC National Computer Match process in strict compliance with APPIC policy regarding internship offers and acceptances. Instructions for the APPIC-MATCH Procedures can be found on the APPIC Web Site at [www.appic.org/match](http://www.appic.org/match). This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant. Applicants are similarly expected to conform their behavior to the requirements of the AAPIC program. All participating agencies of the UCSD/VA Psychology Internship Program are Equal Opportunity Employers and we encourage minoritized applicants to apply.

## Faculty Supervisors and Supervision

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

In addition to the primary supervisors, each intern may have other supervisors assigned to them during the course of the year including senior psychologists assigned to the unit on which the intern is rotating or additional specialized supervision by psychologists who are active clinicians but are not directly assigned to the rotation unit.

Supervisors all assume direct responsibilities for teaching, instructing, observing, and

otherwise maintaining supervision for specific clinical training activities.

## Training Methods

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

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

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

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

## **Competency Model of Evaluation**

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

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

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

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

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

## **Office Hours and Vacation, Holiday, and Leave Policies**

The general office hours for the internship cover Monday through Friday, typically from 8:00 a.m. to 5:00 p.m., or similar. Interns are generally expected to work 40-45 hours/week. However, the intern's professional responsibilities may extend the work week beyond its customary 45 hours on some rotations or at some points in the training year. Additionally, some rotations may require evening clinics on one night of the week or have after-hours access or call duty. Interns should not be scheduled for more than 6.5 hours of direct clinical care on any given day. If a more extended schedule is required, these will be reviewed and considered on a case-by-case basis. Interns must be provided with a 30-minute lunch/midday break during which no internship duties are scheduled or expected. In traditional outpatient clinics, additions to interns' schedules should be made no later than 24 hours prior. Interns and supervisors will coordinate the exact schedule to meet the needs of the clinic and the intern. An average amount of time sufficient for an intern to complete documentation on any given rotation shall be built into the typical workday. If an intern requires greater than an average amount of time for documentation, the intern is expected to complete documentation beyond the typical 40-45 hours/week, rather than sacrifice other rotation responsibilities. In this case, a plan will be developed with the supervisor to help the intern increase the efficiency of documentation.

All VA-paid interns are funded through internship stipends from the Department of Veterans Affairs Office of Academic Affiliations (OAA). VA-paid interns will accrue leave based on the formulas found here: <https://www.opm.gov/policy-data-oversight/pay-leave/leave-administration/fact-sheets/annual-leave/>. Though for most interns this will be **4 hours of annual leave and 4 hours of sick leave per pay period. On VA rotations, interns must formally request annual leave at least 60 days prior to the requested day(s) off from both primary supervisors.** There may be greater flexibility to request days off fewer than 60 days in advance if no patients are already scheduled for an intern on the day(s) off requested. Supervisors and the intern must sign leave slips BEFORE leave is approved. This is VASDHS policy for all individuals who provide clinical services and is necessary to plan for coverage in the intern's absence. An exception to this would be a true emergency (e.g., illness, a death in the family). Sick/emergency leave would count against the total leave. An additional exception may include postdoctoral interviews; because 60 days advanced notice is not typically provided in the context of being invited for a postdoctoral interview, interns are encouraged to work with their direct supervisor to arrive at a mutually agreeable leave and coverage plan.

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

**For UCSD-paid interns, there are a total of 20 leave days allowed per year, for ALL personal absences (i.e., any planned time away from work WITHOUT a medical component to the absence, including vacation, dissertation defense, conferences, etc.).** The 20 days of vacation hours are available for use on the first day of the new academic year (July 1). In addition, Interns earn 8 hours of sick leave per month. **Onboarding for UCSD- paid interns takes place on July 1, potentially as early as 6:00 a.m., regardless of what day of the week July 1 falls upon. UCSD onboarding may occur in different phases throughout the day on July 1 as well. Attendance at this onboarding is mandatory for UCSD-paid interns.**

All interns must reserve 2 days of leave until their dissertation is defended. This will help ensure adequate time is available if return to the home university for the defense is necessary. No annual/vacation leave is allowed in June, July, or during interview week in January unless by approved by the Training Directors.

In addition to the leave described above, regularly scheduled paid holidays and those designated by appropriate administrative authority are available to the interns (please see: <https://www.opm.gov/policy-data-oversight/pay-leave/pay-administration/fact->

[sheets/holidays-work-schedules-and-pay](#) and <http://blink.ucsd.edu/HR/benefits/time-off/holidays.html>).

APPIC encourages its member programs to be as creative and flexible as possible in accommodating family leave or other reasons for extended leave needs of trainees and also encourages trainees to be open-minded, realistic and collaborative when requesting leave. In collaboration with human resources departments and pertinent policies to ensure compliance with relevant regulations and standards, prospective and current trainees and the internship program will consider what is appropriate and reasonable, what is practical and feasible for the site, and how to ensure that the trainee receives the full benefit of the training experience when considering extended leave situations.

Please see

[http://www.appic.org/Portals/0/downloads/APPIC\\_GUIDELINES\\_FOR\\_PA\\_RENTAL\\_LEAVE\\_1-21-16.pdf](http://www.appic.org/Portals/0/downloads/APPIC_GUIDELINES_FOR_PA_RENTAL_LEAVE_1-21-16.pdf), <http://vaww.oaa.med.va.gov/FAQS/details.aspx?TID=26&Cat=3>, and/or [https://meded.ucsd.edu/index.cfm/gme/house\\_officer/house\\_officer\\_benefits/insurance\\_benefits/leave\\_of\\_absence/](https://meded.ucsd.edu/index.cfm/gme/house_officer/house_officer_benefits/insurance_benefits/leave_of_absence/) for additional extended leave policies.

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

Holidays:

<https://www.opm.gov/policy-data-oversight/pay-leave/federal-holidays/>  
<https://www.opm.gov/policy-data-oversight/pay-leave/work-schedules/factsheets/adjustment-of-work-schedules-for-religious-observances/>  
<https://blink.ucsd.edu/HR/benefits/time-off/holidays.html>

## Benefits

Health benefits information can be found at [ucresidentbenefits.com](http://ucresidentbenefits.com) or <https://www.opm.gov/healthcare-insurance/healthcare/> *Insurance coverage may not be retroactive to one's start date*, so please sign up for insurance as quickly as possible and reach out to your institution HR representative to clarify any questions about coverage. Information about continuation of coverage post-internship can be found at: [ucresidentbenefits.com](http://ucresidentbenefits.com) or <https://www.opm.gov/healthcare-insurance/healthcare/temporary-continuation-of-coverage/#url=Pamphlet>. Please also contact your institutions appropriate HR representative for the most up to date information as these policies are administered by the respective institutions, not the Internship, and HR will be best positioned to provide up to date policies, information, and anything unique to coverage for trainees.



Interns are covered by institutional liability/malpractice insurance. VA- based interns are covered under the Tort Claims Act: <https://www.va.gov/OGC/FTCA.asp> and UCSD-based interns are covered under GME benefits:

<https://medschool.ucsd.edu/education/gme/benefits/Pages/Liability-Insurance.aspx>.

Future employers may request such coverage information during the application or credentialing process so bookmarking these pages is advised.

Retirement: UCSD-paid interns have a mandatory [Defined-Contribution Plan \(DCP\)](#). In lieu of Social Security, 7.5% of pre-tax pay is directed to the UC's DCP, More information is at:

<https://medschool.ucsd.edu/education/gme/benefits/Pages/Retirement-Benefits.aspx>

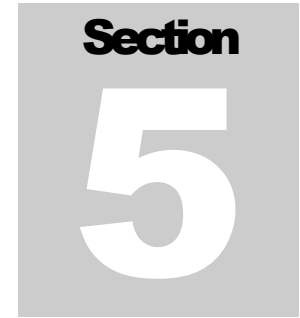
## Requirements for the Completion of Internship

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

1. The internship requires one year of full-time training to be completed in no fewer than 12 months. **Interns must complete 2080 hours** (minus standard holiday, sick, and vacation days as well as any designated by appropriate administrative authority detailed above) of supervised on-duty time during the internship year.
2. **Patient Contact.** Each intern is expected to **average 20-24 hours each week in direct patient contact.** Direct patient contact includes only "face to face" contact with patients for any type of group or individual therapy, psychological testing, assessment activities, or patient education. In assessment-focused rotations, allowances are made for test interpretation and report writing hours to apply to the direct hours total.
3. **Psychotherapy.** In major rotations in which treatment is a significant element, interns will typically be expected to be involved in at least one form of intervention. Most major rotations offer opportunities for group therapy. The intern and supervisor will coordinate their caseload consistent with the expectation of **approximately 50% time being spent in direct patient care.**
4. **Psychological Assessment.** Completion of **eight comprehensive assessment reports** is the target during the training year, though many interns (e.g., neuropsychology interns) will complete substantially more. These assessments must be based on data integrated from multiple sources and must include written reports with diagnostic impressions and recommendations. Assessments based solely on

interviews or single tests do not meet this requirement. **An integrated psychological testing report includes a review of history, results of an interview and at least two psychological tests from one or more of the following categories: personality/symptom report measures, intellectual tests, cognitive tests, and neuropsychological tests relevant to their rotation(s).**

5. **Didactic Training.** Interns are required to attend the weekly Psychology Internship Seminar Series presented by department faculty members and are encouraged and often required to attend in-service conferences and other didactic presentations associated with their rotations. Missing more than four All Intern Seminars will jeopardize successful completion of the internship and interns may be required to do alternate assignments to supplement for missed lectures. See also Section 2 – Seminars and Appendix A.
6. **Case Presentations.** In addition to informal case presentations made in group supervision, interns are required to present one empirically informed psychotherapy/counseling case or one assessment/diagnostic case as part of the Psychology Internship Seminar Series in order to demonstrate competency in these areas (See Evaluation Section). **As part of each case presentation, the intern should review and discuss research literature relevant to that case.**
7. **Competence in Clinical Activities.** At the end of each rotation, in the judgment of his/her supervisor and the Training Directors, each intern must have achieved a satisfactory level of competence. **To graduate from the program, by the end of the training year Interns must have rating of “C” on each area of competence. To obtain a "C" rating, across the two weeks leading to the evaluation, the Intern should consistently display each element of each competency at a level comparable to that of an entry-level psychologist.**
8. **Research.** Interns are required to attend the UCSD Department of Psychiatry **Judd Symposium** each spring (typically falls around April 15 each year). **Interns are required to submit an abstract for presentation at this symposium. If accepted, Interns must present their research at the Symposium.** Presentations can be selected for either Oral or Poster Presentations. Presentations can be work presented previously (such as at a recent national conference, part of the intern’s dissertation, or other appropriate and recent research from their graduate institution or UCSD/VA). Typically, senior faculty discussants will be assigned to poster presentations. Any costs related to presentation at the symposium (e.g., costs for poster printing) are the responsibility of the intern, though the internship may assist when possible. See also Section 2 – Research.



## Resources

### Commitment to Diversity

The program is organized and administered in such a way that respect for and understanding of cultural and individual diversity of faculty, staff, residents and consumers is fundamental and a core part of training at the VASDHS and at the University of California. According to the 2020 US Census, 38% of adults in San Diego County are minorities, and veterans with mental illness in San Diego County are from diverse backgrounds. We provide a supportive and encouraging learning environment for students, regardless of ethnic background or physical needs, and applicants from diverse backgrounds are encouraged to apply. The program is an Equal Opportunity Employer. Our commitment to diversity includes attempting to ensure an appropriate representation of individuals along many dimensions, including (but not limited to) gender, sexual orientation, age, ethnic/racial minorities, and persons with disabilities.

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

VASDHS and UC San Diego Health have been named an LGBTQ Healthcare Equality Leader for many years, most recently in 2022 <https://www.va.gov/san-diego-health-care/health-services/#other-services>



Numerous diversity resources are available at: <https://medschool.ucsd.edu/som/psychiatry/about/Diversity/Pages/Diversity-Resources.aspx>. The Department of Psychiatry Chair's Advisory Committee on Diversity Issues created a new feature on the department website -- the "[Diversity Corner](#)". This part of

the website features quarterly rotating content with the goal of providing a glimpse into diversity-related events in our department as well as stimulating general discussion of diversity-related topics. Interns are welcomed and encouraged to join the DOP Diversity Committee and/or the VA Psychology Service Diversity Action Committee.

## **Academic Resources**

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

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

<https://medschool.ucsd.edu/som/psychiatry/education/GrandRounds/Pages/default.aspx>

Grand Rounds presentations can be accessed virtually through the Department website. For live streaming, log on a few minutes before a presentation. To view an archived presentation, click on the “archived” option up at the top of the page.

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

<https://medschool.ucsd.edu/som/psychiatry/education/trainee-resources/Pages/Professional-Development.aspx>

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

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

This website also has very useful information on academic software site licenses and other professional development resources.

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

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

## Transit and Parking

Both VA and UCSD have transit benefit programs you may be eligible for. Please see the following for up to date programs:

<https://transportation.ucsd.edu/commute/index.html>

<https://www.va.gov/finance/docs/va-financialpolicyvolumeiiichapter01.pdf>

[http://vaww.va.gov/ofcadmin/transben\\_page.asp](http://vaww.va.gov/ofcadmin/transben_page.asp)

For more information regarding the VA Transit Benefit Program, please e-mail Jorge Rivera (Jorge.rivera2@va.gov), Transit Benefit Manager.

## Housing

UCSD interns may qualify for campus housing. Please see:

[https://ihouse.ucsd.edu/living/scholar/index.html#:~:text=International%20Housing%20offers%20the%20only,stairwell%20only%20\(no%20elevator](https://ihouse.ucsd.edu/living/scholar/index.html#:~:text=International%20Housing%20offers%20the%20only,stairwell%20only%20(no%20elevator)

## Preparing for Licensure

Trainees who wish to pursue licensure in the State of California and use hours accrued on internship toward licensure must complete the most current Supervision Agreement (e.g., from the California Board of Psychology, or BOP) with their primary supervisor at the beginning of the training year. The process is detailed here: [http://www.psychology.ca.gov/laws\\_regs/voe\\_checklist.pdf](http://www.psychology.ca.gov/laws_regs/voe_checklist.pdf). The Verification of Experience Form is completed at the time of actual application for licensure. These forms are available through the appropriate licensing board (e.g., California Board of Psychology Website at: <http://www.psychology.ca.gov/applicants/index.shtml#psych>). Licensing boards in some states, including California, may require that supervised clinical hours be documented on a weekly basis throughout the year. Each intern is responsible for obtaining this documentation, if required, and ensuring that it will satisfy their licensing board requirements.. **Interns who wish to pursue licensure in a different state must determine that state's requirements prior to beginning internship and comply with that state's regulations regarding supervised professional experience. It is the trainee's responsibility to ensure that the most current BOP forms are completed and most current licensing law requirements are met for licensure in the state where the trainee plans to practice.**

# Internship Class 2023-24



## APPENDIX A

2023-24 Internship Seminar Schedule  
(dates, speakers, and/or topics subject to modification)

| Date                 | Name   | Topic  | Learning Objectives   |
|----------------------|--|--|---|
| <b>July 6, 2023</b>  | <b>Tom Rutledge</b><br><a href="https://profiles.ucsd.edu/Thomas.Rutledge">https://profiles.ucsd.edu/Thomas.Rutledge</a>             | <b>Is it Depression or Disease?</b><br>This is an expert lecture socratically examining symptom overlaps between physical conditions and mood disorders  | <ol style="list-style-type: none"> <li>1. Increase understanding of overlap between physical and mental health symptoms</li> <li>2. Be better able to apply these differentials to case conceptualizations</li> </ol>   |
| July 13, 2023        | <b>Priti Ojha</b><br><a href="https://profiles.ucsd.edu/priti.ojha">https://profiles.ucsd.edu/priti.ojha</a>                         | <b>Safety/Assault Prevention Training</b><br>This is an expert lecture regarding best practices for personal safety when conducting mental health care.  | <ol style="list-style-type: none"> <li>1. Learn strategies to maintain patient safety</li> <li>2. Learn strategies to maintain personal safety</li> <li>3. Be able to apply verbal de-escalation techniques</li> </ol>  |
| <b>July 20, 2023</b> | <b>Christina Wierenga</b><br><a href="https://profiles.ucsd.edu/Christina.Wierenga">https://profiles.ucsd.edu/Christina.Wierenga</a> | <b>Eating Disorders</b><br>This is an expert lecture on the most current empirically supported txs for eating disorders  | <ol style="list-style-type: none"> <li>1. Learn about etiological models of eating disorders</li> <li>2. Gain understanding of EBTs for eating disorders</li> <li>3. Learn about the neuroscience of eating disorders</li> </ol>  |
| July 27, 2023        | <b>Julie Kangas</b><br><a href="https://profiles.ucsd.edu/julie.kangas">https://profiles.ucsd.edu/julie.kangas</a>                   | <b>Empowering Purposeful Responses to Microaggressions, Racism, and Inappropriate Behaviors at work.</b><br>This is an expert lecture on best practices for managing inappropriate behaviors from patients | <ol style="list-style-type: none"> <li>1. Gain increased knowledge of establishing rapport with patients who are using inappropriate language</li> <li>2. Be able to respond appropriately to sexist/racist comments</li> <li>3. Be able to identify risk management techniques to mitigate elements of risk in mental health practice and supervision</li> </ol> |

**UCSD/VA Psychology Internship**

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| <b>August 3, 2023</b>    | <b>Training Directors</b>   | <b>Beach Party/Social</b><br>This is a social event to encourage class cohesiveness   | La Jolla Shores Beach   |
| <b>August 10, 2023</b>   | <b>Samantha Chalker</b><br><a href="https://www.researchgate.net/profile/">https://www.researchgate.net/profile/</a>  | <b>Suicide Risk Assessment</b><br>This is an expert lecture on the most current empirically supported practices for evaluating and mitigating suicide risk                                      | <ol style="list-style-type: none"> <li>1. Learn practical strategies to evaluate suicide risk and protective factors</li> <li>2. Learn techniques to mitigate risk and safety plan</li> <li>3. Learn about resources for grief and coping with patient death</li> </ol> |
| <b>August 17, 2023</b>   | <b>Katharine Lacefield</b><br><a href="https://profiles.ucsd.edu/katharine.lacefield">https://profiles.ucsd.edu/katharine.lacefield</a>   | <b>Working with LGBTQ+ clients</b><br>This is an expert lecture addressing unique needs of mental health service delivery with our LGBTQ population, with particular emphasis on LGBTQ Veterans | <ol style="list-style-type: none"> <li>1. Gain appreciation of the unique considerations when working with the LGBTQ community</li> <li>2. Understand changing demographics of the populations served by psychologists, particularly within a VA setting</li> </ol>     |
| <b>August 24, 2023</b>   | <b>Training Directors</b>   | <b>Check in:</b> this is a cohort building & professional development opportunity for interns to discuss progress through internship to date with program TD's                                  | Group socialization   |
| <b>August 31, 2023</b>   | <b>Amy Jak</b><br><a href="https://profiles.ucsd.edu/amy.jak">https://profiles.ucsd.edu/amy.jak</a>   | <b>Assessment: Concussion</b><br>This is an expert lecture on recognizing, assessing, and intervening in cases of concussion with persistent symptoms   | <ol style="list-style-type: none"> <li>1. Understand contributing factors to persistent symptoms following concussion</li> <li>2. Gain awareness of appropriate interventions for this population</li> </ol>  |
| <b>September 7, 2023</b> | <b>Heidi Kraft</b><br><a href="https://psycharmor.org/staff/heidi-squier-fraft-ph-d-clinical-director/">https://psycharmor.org/staff/heidi-squier-fraft-ph-d-clinical-director/</a><br>heidi@psycharmor.org | <b>Military Culture</b><br>This lecture is delivered by a retired Navy psychologist and covers both her military experience as well as 15 things that Veterans want                             | <ol style="list-style-type: none"> <li>1. Gain appreciation of the unique experiences of military personnel, including combat</li> <li>2. Develop sensitivity to concerns unique to Veterans</li> </ol>   |



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|                           |  | non-Veterans to know   |   |
| <b>September 14, 2023</b> | <b>Training Directors – (plus other fellowship TDs)</b>  | <b>Post doc opportunities in San Diego</b><br>This is an interactive question and answer professional development session to assist interns in understanding opportunities for next steps after internship | <ol style="list-style-type: none"> <li>1. Learn about post doctoral opportunities in San Diego and nationwide</li> <li>2. Learn how to identify and narrow down appropriate options to apply to</li> <li>3. Learn how and when to apply for fellowship</li> </ol> |
| <b>September 21, 2023</b> | <b>Gaya Chelvakumar &amp; Bixby Marino-Kibbee</b>  | <b>Gender Affirming Care for Youth</b><br>This is an expert lecture on best practices in gender-affirming care for transgender and nonbinary youth   | <ol style="list-style-type: none"> <li>1. Gain conceptual understanding of gender dysphoria</li> <li>2. Learn about comprehensive, compassionate evidence-based care and support to transgender and nonbinary youth and their families</li> </ol>                 |
| <b>September 28, 2023</b> | Panel – <b>Sheena Dev, Blaire Ehret, Graham Eglit</b>  | <b>Professional Careers Outside Academia</b><br>This is an interactive panel discussion of careers outside of VA or Academic Medicine  | <ol style="list-style-type: none"> <li>1. Learn about career paths outside of academic</li> <li>2. Discuss creative ways to apply clinical psychology skills/knowledge to the workforce</li> </ol>  |
| October 5, 2023           | <b>Dimitri Perivoliotis</b><br><a href="https://profiles.ucsd.edu/Dimitri.Perivoliotis">https://profiles.ucsd.edu/Dimitri.Perivoliotis</a> | <b>CBT for Psychosis</b><br>This is an expert lecture on the most recent updates regarding CBT for Psychosis   | <ol style="list-style-type: none"> <li>1. Be able to identify patients appropriate for CBT for Psychosis</li> <li>2. Understand the development of CBT for Psychosis</li> <li>3. Be able to apply basic CBT for psychosis principles</li> </ol>                   |
| <b>October 12, 2022</b>   | <b>Leslie Anderson</b><br><a href="https://profiles/ucsd.edu/leslie.anderson">https://profiles/ucsd.edu/leslie.anderson</a>                | <b>Advanced Application of DBT</b><br>This is an interactive seminar covering advanced principles of DBT as well as practical applications of DBT techniques   | <ol style="list-style-type: none"> <li>1. Understand theoretical models for DBT</li> <li>2. Learn about updates in DBT for challenging cases</li> <li>3. Be better able to apply advanced DBT principles</li> </ol>   |

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| <b>October 19, 2023</b>  | <b>Training Directors</b>  | <b>Professional Development:</b> this is a cohort building & professional development opportunity for interns to socialize with TDs and cohort to learn from one other | Group socialization   |
| <b>October 26, 2023</b>  | <b>Ben Felleman</b><br><a href="https://profiles.ucsd.edu/benjamin.felleman">https://profiles.ucsd.edu/benjamin.felleman</a>         | <b>How to run a part-time business while doing VA Full-time</b>  | <ol style="list-style-type: none"> <li>1. Increase excitement about the financial opportunities ahead</li> <li>2. Increase financial literacy</li> <li>3. Increase interest in VA jobs</li> </ol>   |
| <b>November 2, 2023</b>  | <b>Andrew Bismark</b><br><a href="https://profiles.ucsd.edu/andrew.bismark">https://profiles.ucsd.edu/andrew.bismark</a>             | <b>Psychedelic-Assisted Treatment</b><br>This is an expert lecture to introduce learners to psychedelic-assisted interventions.  | <ol style="list-style-type: none"> <li>1. Identify different types of psychedelic-assisted interventions, including those offered at the VA/UCSD</li> <li>1. Understand the mechanisms underlying observed effects</li> <li>2. Learn how to identify patients appropriate for psychedelic-assisted treatment</li> </ol> |
| <b>November 9, 2023</b>  | <b>VETERANS DAY</b>  | <b>NO SEMINAR</b>  |   |
| <b>November 16, 2023</b> | <b>Matt Herbert</b><br><a href="https://profiles.ucsd.edu/matthew.herbert">https://profiles.ucsd.edu/matthew.herbert</a>             | <b>ACT</b><br>This is an interactive seminar covering the basic principles of ACT as well as practical applications of ACT techniques                                  | <ol style="list-style-type: none"> <li>1. Be able to identify patients appropriate for ACT</li> <li>2. Understand theoretical models for ACT</li> <li>3. Be better able to apply basic ACT principles</li> </ol>  |
| <b>November 23, 2023</b> | <b>THANKSGIVING</b>  | <b>NO SEMINAR</b>  |   |
| <b>November 30, 2023</b> | <b>Katherine Williams</b><br><a href="https://profiles.ucsd.edu/katherine.williams">https://profiles.ucsd.edu/katherine.williams</a> | <b>Childhood Psychopathology</b><br>This is an interactive seminar that presents facts and important information about childhood psychopathology in a quiz show format | <ol style="list-style-type: none"> <li>1. Deepen understanding of diagnostic criteria for common childhood mental health conditions</li> <li>2. Be able to link pediatric interventions with common mental conditions in children</li> </ol>  |

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| <b>December 7, 2023</b>  | <b>Sonya Norman</b><br><a href="https://profiles.ucsd.edu/Sonya.Norman">https://profiles.ucsd.edu/Sonya.Norman</a>           | <b>Evidence Based Psychotherapy for PTSD with a focus on PE and CPT</b><br>This is an expert lecture on the most recent updates regarding trauma focused therapy from faculty from the National Center for PTSD | <ol style="list-style-type: none"> <li>1. Be able to describe new developments in trauma focused therapy</li> <li>2. Gain understanding of how to evaluate outcomes in PTSD</li> <li>3. Learn rationales for application of one trauma- focused therapy over another</li> </ol>                       |
| <b>December 14, 2023</b> | <b>Training Directors</b>  | <b>Holiday Gathering</b>  |   |
| <b>December 21, 2023</b> |  | <b>NO SEMINAR</b>   |   |
| <b>December 28, 2023</b> |  | <b>NO SEMINAR</b>   |   |
| <b>January 4, 2024</b>   | <b>Eve Nguyen</b>  | <b>Pediatric Psychology</b><br>This is an expert lecture providing an overview of pediatric psychology in a hospital setting.   | <ol style="list-style-type: none"> <li>1. Learn about the role of a pediatric psychologist</li> <li>2. Learn about common interventional strategies in pediatric psychology</li> <li>3. Learn about psychological aspects of medical illness in children</li> </ol>                                   |
| <b>January 11, 2024</b>  | <b>Intern Recruitment</b>  | <b>NO SEMINAR</b>   |   |
| <b>January 18, 2024</b>  | <b>Clarice Wang</b><br><a href="https://profiles.ucsd.edu/clarice.wang">https://profiles.ucsd.edu/clarice.wang</a>           | <b>The Psychology of Race Based Stress</b><br>This is an expert lecture on the empirical support for race-based stress assessment and coping.   | <ol style="list-style-type: none"> <li>1. Learn current status of race-based stress literature</li> <li>2. Learn strategies to assess for the presence of race based stress in patients</li> <li>3. Learn strategies to help patients reduce stress and acquire adaptive coping strategies</li> </ol> |
| <b>January 25, 2024</b>  | <b>Beth Twamley</b><br><a href="https://profiles.ucsd.edu/Elizabeth.Twamley">https://profiles.ucsd.edu/Elizabeth.Twamley</a> | <b>Assessment: Co-morbid Psychosis and Cognitive Disorders</b><br>This is an expert lecture on the assessment of psychosis with particular emphasis on use of the PANSS   | <ol style="list-style-type: none"> <li>1. Gain conceptual understanding of important aspects of assessment in psychotic disorders</li> <li>2. Gain practical knowledge of the PANSS</li> </ol>  |

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| February 1, 2024  | <b>Peter Colvonen</b><br><a href="https://profiles.ucsd.edu/peter.colvonen">https://profiles.ucsd.edu/peter.colvonen</a>                              | <b>Insomnia with an emphasis on behavioral treatments</b><br>This is an expert lecture on empirically supported assessment and treatment of insomnia  | <ol style="list-style-type: none"> <li>1. Learn strategies to assess and characterize insomnia</li> <li>2. Learn about evidence based behavioral interventions for insomnia</li> </ol>                                      |
| February 8, 2024  | <b>Training Directors</b>   | <b>Professional Development:</b> this is a cohort building & professional development opportunity for interns to socialize with TDs and cohort to learn from one other                            | Group socialization   |
| February 15, 2024 | <b>Eric Granholm</b><br><a href="https://profiles.ucsd.edu/eric.granholm#narrative">https://profiles.ucsd.edu/eric.granholm#narrative</a>             | <b>Mental Health Technology</b><br>This is an expert lecture on technological advances to improve mental health services and delivery   | <ol style="list-style-type: none"> <li>1. Understand transdisciplinary research collaborations</li> <li>2. Understand technology solutions aimed at ameliorating mental health problems</li> </ol>                          |
| February 22, 2024 | <b>Kerri Boutelle</b><br><a href="https://cheat.ucsd.edu/team/kerri-boutelle-ph-d">https://cheat.ucsd.edu/team/kerri-boutelle-ph-d</a>                | <b>Pediatric Obesity</b><br>This is an expert lecture on pediatric obesity, with a focus on models of overeating, and behavioral weight loss treatments for youth                                 | <ol style="list-style-type: none"> <li>1. Learn about conceptual models of overeating contributing to pediatric obesity</li> <li>2. Understand current research into behavioral weight loss treatments for youth</li> </ol> |
| February 29, 2024 | <b>Tom Marcotte</b><br><a href="https://profiles.ucsd.edu/Thomas.Marcotte">https://profiles.ucsd.edu/Thomas.Marcotte</a><br>tmarcotte@health.ucsd.edu | <b>Medicinal Cannabis</b><br>This is an expert lecture detailing data on use of medicinal cannabis, its relevance to mental health treatment, and ongoing research examining safe/therapeutic use | <ol style="list-style-type: none"> <li>1. Understand empirical trends in use of cannabis.</li> <li>2. Understand current research efforts into how cannabis use affects public policy (e.g., driving safety)</li> </ol>     |
| March 7, 2024     | <b>Lauren Brookman-Fraze</b><br><a href="https://profiles.ucsd.edu/lauren.brookman-fraze">https://profiles.ucsd.edu/lauren.brookman-fraze</a>         | <b>Community-Partnered Research in the Treatment of Autism</b>  | <ol style="list-style-type: none"> <li>1. Learn about evidence based practice for treating autism</li> </ol>  |

**UCSD/VA Psychology Internship**

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|                       |  | This is an expert lecture overviewing empirically supported treatments for autism and the implementation science behind it.   | 2. Learn about academic-community partnered intervention research   |
| <b>March 14, 2024</b> | <b>Sarah Banks</b><br><a href="https://profiles.ucsd.edu/sarah.banks">https://profiles.ucsd.edu/sarah.banks</a>                        | <b>Sex Specific Effects on Alzheimer’s Disease Risk</b><br>This is an expert lecture on assessment and diagnosis of Alzheimer’s disease and sex specific effects on AD risk | 1. Learn about the assessment and diagnosis of Alzheimer’s disease<br>2. Learn about sex specific effects that increase risk of AD in women   |
| <b>March 21, 2024</b> | <b>Tamara Maginot</b><br><a href="https://profiles.ucsd.edu/tamara.maginot">https://profiles.ucsd.edu/tamara.maginot</a>               | <b>Inpatient Pediatric Psychology</b><br>This is an expert lecture on medical-behavioral interventions for youth requiring acute medical and psychological stabilization    | 1. Learn about the intersection of medical and psychological illness acuity in youth<br>2. Learn about specific inpatient interventions for acutely medically and psychologically ill youth |
| <b>March 28, 2024</b> | <b>Maryam Kia-Keating</b><br><a href="https://education.ucsb.edu/Maryam.Kia-Keating">https://education.ucsb.edu/Maryam.Kia-Keating</a> | <b>Resilience and Exposure to Violence</b><br>This is an expert lecture on assessing and promoting resilience following trauma.   | 1. Learn how to assess for exposure to violence<br>2. Learn how to assess level of resiliency in each individual<br>3. Learn strategies to magnify resilience in individuals                |
| April 4, 2024         | <b>Training Directors</b>  | <b>End of Year Review and Feedback</b>  |   |
| April 11, 2024        | <b>Intern Presentations</b>  |   |   |
| April 18, 2024        |  |   |   |
| April 25, 2024        |  |   |   |
| May 2, 2024           |  |   |   |
| May 9, 2024           |  |   |   |
| May 16, 2024          |  |   |   |
| May 23, 2024          |  |   |   |
| May 30, 2024          |  |   |   |
| June 6, 2024          |  |   |   |
| June 13, 2024         | <b>Department Graduation Celebration</b>   |   |   |

**UCSD/VA Psychology Internship**

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| June 20, 2024 |                          |  |  |
| June 27, 2024 | <b>Intern check out</b>  |  |  |
| June 28, 2024 | <b>Hail and Farewell</b> |  |  |