

Psychology Pre-Doctoral Internship Training Program

2017-2018
Internship Training Year

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Lebanon Veterans Affairs (VA) Medical Center
Lebanon, PA
MATCH Number: 238511

Psychology Internship Program
(Mail Code – 630)
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VA



U.S. Department of Veterans Affairs

Lebanon VA Medical Center

ACCREDITATION STATUS

The Pre-doctoral Internship Program at the Lebanon Veterans Affairs Medical Center (LVAMC) in south-central Pennsylvania (PA) is a newly-funded VA Internship site with (3) positions, seeking accreditation by the Commission on Accreditation of the American Psychological Association (APA). Our goal is to have our accreditation site visit during the 2016-2017 academic year; however it should be noted that APA accreditation is not a guaranteed process. In accordance with VA Psychology Qualification standards, interns who have successfully completed an internship at the VA, even if the Internship Program at that site is not yet accredited, ARE ELIGIBLE for VA Postdoctoral Fellowships or VA employment.

INTRODUCTION

The Lebanon VA Medical Center Pre-doctoral Internship Program provides qualified doctoral candidates a generalist training with a variety of psychiatric, medical, and geriatric patients in residential, inpatient, outpatient and primary care settings. Internship graduates are prepared for professional practice in VA facilities as well as a wide range of health care settings, including medical centers and non-VA hospitals that primarily serve adults.

TRAINING SETTING

The Lebanon VA provides primary and behavioral health care throughout a mainly rural seven-county area of south-central Pennsylvania. Patients are also served at six additional community-based VA clinics at varying distances from the main campus in Lebanon. The majority of training takes place at the main hospital and the Residential Recovery Center (RRC) both conveniently located at the main campus in Lebanon. Interns have the option, if they so choose, to have some of their outpatient experience at one of the outlying VA outpatient clinics. Interns

are provided an office in the Behavioral Health building with a dedicated computer and phone.

PHILOSOPHY OF TRAINING/GOALS AND OBJECTIVES

The Lebanon VA Medical Center Pre-doctoral Internship Program provides doctoral education and training for the practice of professional psychology. Training faculty and supervisors provide an intensive training experience to psychology interns within a generalist model and a practitioner-scholar philosophy. The Lebanon VAMC Internship Program will train interns to think critically regarding the integration of scientific knowledge with current practice. We believe this model to be highly effective in preparing interns for the successful practice of professional psychology. The Training Program Model and Philosophy are identified in the following training goals:

- 1.** Interns will develop competence in psychological evaluation and assessment of adults with a variety of diagnoses, problems, and needs. Although Interns receive supervised training using a wide range of techniques, emphasis is placed on developing competence in diagnostic interviewing and the administration and scoring of psychometrically-validated psychological assessments.
- 2.** Interns will develop competence in the provision of psychological interventions for adults with a variety of diagnoses, problems, and needs. Interns are exposed to a range of therapeutic orientations, techniques, and approaches and are expected to develop competency in general psychotherapy skills. An emphasis is also placed on developing competency in at least one empirically supported modality.
- 3.** Interns will develop competence in providing consultation, supervision, feedback, and guidance in translating psychological principles to colleagues, other trainees, and professionals from other disciplines. This competency will include the Interns' work on interprofessional teams.
- 4.** Interns will demonstrate professional behavior consistent with professional standards and ethical guidelines. They will have a mature understanding of professional ethics as well as aspects of diversity such as ethnicity, culture, gender, sexual orientation, socio-economic status, and rural mental health, among others.

5. Interns will develop maturing professional identities and senses of themselves as "Psychologists." They are expected to be aware of their continuing developmental professional goals (including an area of possible specialization) and areas needing further development. They are further expected to possess realistic career plans (in collaboration with their supervisors), evidenced by vocational or training choices to be pursued upon completion of the internship year.
6. Interns will be skilled in the interface between science and practice by applying scientific knowledge to the clinical setting, being educated consumers of empirical research and participating in program evaluation. Interns will develop competence in one or more empirically-supported methods.

PROGRAM DESCRIPTION

At the beginning of the training year the intern will be assigned to one of three major full-time rotations of 4-month duration in the core mental health settings of Neuropsychology Testing Lab, Primary Care-Mental Health Integration (PCMHI), and the Residential Recovery Center (RRC). Interns will also participate in three minor rotations as well. At least one, but perhaps more, of these rotations will be in the Behavioral Health Interdisciplinary Program (BHIP) in the Outpatient Mental Health Clinic. In BHIP, interns will be exposed to Evidence Based Psychotherapies (EBP). Interns will rank order their preferences of the EBPs they wish to be trained in, along with group therapy modalities they have interest in. Additional minor rotation opportunities are on the Inpatient Acute Psychiatry Unit and the Community Living Center (CLC) and Hospice units. Interns will have the opportunity to discuss and develop their individual learning goals within each placement. **It is expected that each intern will spend a minimum of 10 hours face-to-face time with patients per week.**

In each of the major and minor rotations, interns will have routine, on-site supervision by a licensed clinical psychologist. Additional clinical consultation, as appropriate, will also be available from the disciplines of psychiatry, primary care/emergency physicians, graduate level nursing, social work, vocational rehabilitation specialists and chaplains. The major rotations will comprise approximately 25 hours per week and minor rotations approximately 8 hours per week, leaving 4 hours each for supervision and didactics. **Clinical**

supervision will be comprised of 2 individual hours provided by the major rotation supervisor, 1 individual hour provided by the minor rotation supervisor and 1 hour group supervision provided by the clinical training director or other psychology supervisors.

MAJOR ROTATIONS:

Neuropsychology Testing Lab

The Neuropsychology Testing Lab is primarily a consultation and assessment service which provides in-depth psychological and neuropsychological evaluations for the entire catchment area served by the Lebanon VAMC and its CBOCs. The Lab provides more extensive evaluations than can be provided in brief therapy formats. Consultation requests tend to be diverse in nature and require development of extensive neurobehavioral histories and clinical interviews. Veterans from all service eras are referred from various interprofessional providers, programs and clinics throughout the Medical Center.

Interns in the Lab will assess neuropsychological functions that include intelligence, personality, sensory perceptual and motor functions, auditory and visual processing, memory, attention, speed of processing, concept formation and problem solving, academic skills, and planning and organizing abilities. Interns will respond to consult requests including but not limited to evaluation of TBI/sequelae, diagnostic clarification, dementia, progressive neurological disease, substance-induced cognitive disorders, PTSD, ADHD/ADD, abilities related to driving, executive function, medical symptom validity, independent living, financial and medical decision making, bariatric pre-surgical readiness, chronic pain, readiness for cross-sex hormone therapy, personality assessment, and intelligence and learning disability testing. Interns will develop neuropsychological test batteries varying by the level of impairment of the Veteran and the nature of the referral question.

The rotation will include orientation to clinical neuropsychological disorders and brain-behavior relationships with training in psychological and neuropsychological evaluation that will include: conducting initial interviews with emphasis on neurobehavioral history, training on administration of personality and neuropsychological instruments, scoring, interpretation, and report writing under supervision. Additional emphasis is on formulating treatment

recommendations for behavioral and intellectual disorders that have a neurological origin. There is opportunity to participate in weekly neuropsychology team meetings. The Neuropsychology Testing Lab team is comprised of licensed psychologists as well as advanced level psychology technicians with licenses and/or certifications.

Behavioral Health Consultation Liaison Team (BHCLT)/Primary Care Mental Health Integration (PCMHI)

The Behavioral Health Consultation Liaison Team (BHCLT)/Primary Care-Mental Health Integration (PCMHI) program provides interns with the maximal opportunity to interact with a wide array of allied healthcare professionals who serve on Patient Aligned Care Teams (PACT), including physicians, physician assistants, nurses, social workers, pharmacists, dieticians, and care managers. The BHCLT provides clinical health psychology services throughout specialty medicine and surgery services, while the PCMHI program provides co-located collaborative care and care management services within the primary care setting.

Interns will have the opportunity to participate in the evaluation/assessment, treatment planning, consultation, and direct care of patients with co-morbid medical and psychological/adjustment issues using empirically-based individual and group interventions. Within the BHCLT there will be exposure to pre-surgical psychological evaluations, consultations on medical/surgical floors, patient rounds with physician and pharmacy colleagues, evidence based psychotherapies (CBT-insomnia and chronic pain), and the interdisciplinary pain management program. Within PCMHI Interns will work collaboratively with PACT members providing services throughout primary care aimed toward the identification and reduction of health risks (e.g., tobacco use, obesity, stress) and behavioral health concerns (e.g., depression, anxiety, adjustment disorders, substance use) in a “stepped care” fashion that fully appreciates and integrates the biopsychosocial model of care. The interprofessional nature of the BHCLT/ PCMHI allows for shared decision-making among providers on the team and successful collaboration with PACT members and specialty medicine providers. This ensures provision of high quality assessment and management of Veteran concerns.

Residential Recovery Center (RRC)

The RRC provides state-of-the-art, high-quality residential rehabilitation and treatment services for Veterans with multiple mental illness, addiction, and/or

psychosocial deficits. The RRC identifies and addresses goals of rehabilitation, recovery, health maintenance, improved quality of life, and community integration along with specific treatment of mental illnesses, addictive disorders, and homelessness.

Each Veteran works with his/her interprofessional team to create an individualized treatment plan which includes specific goals, measurable objectives, and targeted dates for completion. This team is made up of psychologists, clinical social workers, psychiatric nurses, psychiatry, physician assistant, vocational rehabilitation specialists, chaplain, rehabilitation technicians, recreation therapist, health technicians, and peer support specialists. When helpful, other ancillary disciplines such as Probation Officers or outpatient therapists/case workers are invited to team meetings to support the goals of recovery.

Treatment is recovery and strength-based focused; an essential emphasis is having the Veteran as a full partner in the process of their recovery. In addition to the RRC's stated recovery goals to address mental health, addiction, and psychosocial issues for those who need a residential level of care, the program also helps Veterans stabilize, find employment, earn money, and gain independent housing. Interns will be providing initial assessments, eligibility screenings, individual, family, and group therapy, psychoeducation, addictions work, and some case management.

MINOR ROTATIONS:

Behavioral Health Interdisciplinary Program

The Behavioral Health Interdisciplinary Program (BHIP) was created in response to a growing need to treat patients in a more comprehensive, patient-centered interdisciplinary manner. Patients who are part of a BHIP team receive comprehensive care from psychology, psychiatry, social work, and nursing staff in the Specialty Mental Health Outpatient Clinic. Weekly meetings allow for case reviews, consultation with other staff members, and discussion regarding best treatment options available for each patient based on individual needs and goals. These meetings allow for the treatment planning process to begin in a setting where there is shared decision making among providers and collaboration with other areas of the hospital as needed to provide the best quality of services to our Veterans.

In the BHIP rotation, interns will work as part of an interdisciplinary team in the specialty Mental Health Outpatient Clinic at Lebanon or at one of our CBOC locations. Patients come to a BHIP clinic through consultation requests from PCMHI and a variety of providers throughout the hospital. The BHIP rotation offers a breadth of training opportunities with a wide variety of treatments used and diagnoses treated. This rotation also offers depth of training as interns have the opportunity to follow the same patient throughout their rotation. Interns will leave this rotation with a robust generalist training experience. The interdisciplinary nature of the BHIP teams provides a rich experience for interns to attend weekly meetings, interact with and consult with team members, and help build interdisciplinary treatment plans for patients. Included in this rotation will be exposure to EBPs. Interns will receive an overview of the various EBPs and will have the opportunity to choose an EBP of their preference to complete over the 4-month period. Interns can also choose to have a second BHIP rotation with another supervisor with different EBP training or stay on with their current BHIP supervisor to extend rotation to 8 months.

Inpatient Psychiatric Unit

The Lebanon VAMC has a 16-bed acute inpatient psychiatry unit, focused on providing an interprofessional recovery approach which includes psychology, psychiatry, nursing, social work, medicine, occupational therapy, pharmacy, and recreation therapy. Interns will be a part of, and provide psychological consultation for, daily treatment team meetings, will provide individual and group psychotherapy, and administer requested psychological assessments. Individual and group therapy is provided for a wide variety of presenting symptoms. The inpatient unit provides rapid stabilization of mental health conditions, assists Veterans with the development of aftercare plans, and utilizes the recovery model to promote individualized growth and enhanced self-efficacy.

Geriatrics and Hospice

The Lebanon VA has 2 long-term care Community Living Center (CLC) units that are part of our Extended Care service. Each unit has 15 beds. Additionally, we have an Inpatient Hospice unit with 17 beds for those near end of life. Each unit has an interdisciplinary team consisting of: physician, social worker, nursing staff, psychology, pharmacy, chaplain, and various trainees. Interns will participate in team rounds and IDM treatment team meetings and receive consultations for individual therapy and testing, behavioral plans, and staff education.

Training Structure



Instruction in a wide range of clinical and professional issues takes place in the weekly 3-hour sequential Didactics Seminar. Topics typically covered in the seminar include psychopathology, treatment-specific interventions, and areas of professional development. The training year will begin with a series of didactics specifically targeted to the common needs of interns in this training setting, ensuring that all have the requisite skills and knowledge for a successful start to the internship year. These initial didactics (i.e. Orientation to the Internship and Medical Center, documentation and clinical interviewing, suicide prevention and risk assessment) are intended to provide a common foundation of knowledge and skills for all incoming interns, regardless of their previous level of experience. Other topics include specialized didactic offerings such as professional development, therapeutic intervention/ assessment, diversity and multicultural issues, ethics, supervision and consultation. In addition to didactic instructors from the psychology faculty, instructors representing various other professional disciplines such as pharmacy, chaplaincy, psychiatry, social work and nursing may be represented. Staff, graduate level trainees from other professions, and psychology practicum students will also be invited to attend didactic sessions. In addition to the didactic seminars, interns will attend Behavioral Health Grand Rounds and Psychology Discipline meeting every other month.

EVALUATION OF INTERNS:

Interns will undergo individualized planning and periodic reassessment of goals. At the beginning of each rotation, interns will describe their individual learning goals for that placement. At the mid-point of each rotation, interns evaluate themselves and the placement, in order to identify those factors that help or hinder the attainment of their own training goals. Concurrently, supervisors will meet to evaluate interns' performance, with consideration for the Interns' stated goals and the standard of practice in each clinical setting.

PERFORMANCE IMPROVEMENT:

Interns will be exposed to and encouraged to use patient satisfaction questionnaires already in use during their different rotations in order to review the care they are providing. Interns will be expected to incorporate patient outcome measures, such as the BDI-II, BAI, and the PCL, into their treatment planning and work with their patients.

APPLYING TO THE PROGRAM:

Basic Eligibility

- Applicants must meet all requirements for VA internship eligibility, which includes:
 - US Citizenship
 - Student in good standing in an APA accredited clinical or counseling psychology doctoral program
 - Approved for internship status by their graduate training program coordinator
 - Applicants must complete at least 3 years of graduate training prior to internship and have at least 500 intervention and assessment hours documented on the AAPI.
- There are also Federal Government requirements:
- Verification of Selective Service Registration (Male applicants born after 12/31/1959 must sign a pre-appointment Certification Statement for Selective Service Registration)

Selection Criteria:

Applicants are evaluated based on a number of criteria, including breadth and quality of clinical training experience, academic performance and preparation, scholarship and contributions to the profession (e.g., publications presentations, participation in professional organizations), quality of written expression, progress on dissertation or final project, attributes outlined in recommendation letters, and compatibility of training preparation and interests with the program's goals and resources.

Application Materials :

The Lebanon VA Internship Program has 3 Internship positions and participates in the APPIC match. All applications must be submitted through the online AAPI (which can be found at the APPIC website: www.appic.org). No mail or email application materials will be accepted.

It is required that applicants include curriculum vitae and three letters of recommendation. All candidates are to be certified by their Director of Training that they are academically ready to start internship. Applicants' curriculum vitae and three letters of recommendation should also be submitted through the online AAPI. Applicants are encouraged to complete the application as early as possible so that ample time will be available for application review. **MATCH Number: 238511**

All applications are due by: December 1, 2016.

This internship site abides by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any Intern applicant. Additionally, our program follows the APPIC policy on nondiscrimination in regard to race/ethnic background, age, gender, sexual orientation or disabilities.

Selection Procedures and Interviews

Our internship program utilizes a two-part selection procedure. First, application materials are reviewed for basic eligibility, strength of training and experience, and goodness of fit with our program. Second, the selection committee will subsequently develop a pool of applicants to invite for a formal interview.

Interviews are an integral part of our selection process, and an on-site or phone interview is required. Applicants will be notified of interview status by **December 16th**. Interview days consist of meeting with the Training Director, Training Staff, and Current Interns. Upon the completion of our interviews, applicants will be ranked in terms of their suitability for our program in accordance with APPIC guidelines, and submitted for the match.

ADMINISTRATIVE POLICIES AND PROCEDURES:

Start date for the internship is **September 5th, 2016**.

We have 3 Internship Positions for the 2017-2018 year.

Stipends and Benefits

Stipend: \$24,014 (for 2016-2017)

Benefits: health insurance, life insurance, 10 federal holidays, 13 paid vacation days and 13 sick leave days.

Interns receive 13 paid vacation days and up to 13 paid sick days per year. It should be noted that this leave accumulates over time (4 hours per 2 week pay period for both vacation and sick leave), so interns should not plan on taking an extended leave early in the training year. In addition, you may be granted "professional leave", which can be used for dissertation work/research meetings, conference attendance, and post-doc interviews but **must** be approved in advance by the Training Director.

Policy on Psychology Trainee Self Disclosure: Consistent with the Ethical Code of the American Psychological Association, psychology trainees at the Lebanon VA Medical Center are generally not required to self-disclose sensitive topics (e.g. sexual history, history of abuse and neglect, psychological treatment or conditions, and relationships with parents/family members, peers, and spouses or significant others) during application to the program or during the course of training. The only exception is in situations in which a trainee's personal problems or condition could reasonably be judged to put patient care, the trainee, or clinical and educational operations at risk. This policy is designed to balance the

importance of trust and personal privacy in the supervisory relationship with the supervisor's responsibility for care of the patient and safety of all staff and trainees. In cases when self-disclosure of personal information is necessary, the required disclosure is limited to circumscribed information related to managing the specific clinical, safety, or patient care concern.

Privacy Policy: We will not collect any personal information about you when you visit our website.

GRADUATE PROGRAMS OF CURRENT AND FORMER INTERNS:

2016-2017:

Hofstra University

Rosemead School of Psychology, Biola University

Requests for further information should be directed to:

Melissa S. Cyrus, Ph.D., Acting Interim Clinical Training Director

Lebanon VA Medical Center (Mail Code #630)

1700 South Lincoln Avenue

Lebanon, PA 17042

E-mail: Melissa.cyrus@va.gov

PSYCHOLOGY TRAINING FACULTY

Melissa S. Cyrus, Ph.D., University of Alabama (2008)

- *Psychologist, Inpatient Acute Psychiatry Unit and Community Living Center (CLC)/Hospice*
- *Psychology Discipline Lead, Acting Interim Director of Training*

Joel Deloy, Ph.D., University of North Dakota (2006)

- *Staff Psychologist Lebanon VAMC Outpatient Behavioral Health Clinic*

Ellen Faynberg, Psy.D., University of Hartford (2002)

- *Staff Psychologist Lebanon VAMC Outpatient Behavioral Health Clinic*

Rodney Flanary, Ph.D., Texas Tech (1990)

- *Staff Psychologist Lebanon VAMC Outpatient Behavioral Health Clinic*

Diane P. Hoover, Ph.D., University of Delaware (1982)

- *Clinical Psychologist, Lead/Neuropsychology Assessment Lab, Lebanon VAMC*
- *Clinical Assistant Professor of Psychiatry, Penn State College of Medicine/Hershey Medical Center*

Kevin Kelly, Psy.D., Rosemead School of Psychology, Biola University (1997)

- *Psychologist, Behavioral Health Consultation Liaison Team & Primary Care-Mental Health Integration Program.*

Holly R. Kricher, Psy.D., Philadelphia College of Osteopathic Medicine (2005)

- *Psychologist, York Community Based Outpatient Clinic*

Amy J. Kucirka, Psy.D., Institute for Graduate Clinical Psychology, Widener University (1999)

- *Clinical Neuropsychologist, Lebanon VAMC*

Christina B. Shook, Psy.D., ABPP, Philadelphia College of Osteopathic Medicine (2011)

- *Board Certified Clinical Health Psychologist*
- *Team Leader-Behavioral Health Consultation Liaison Team & Primary Care-Mental Health Integration Program*

Carrie Smith, Psy.D., Virginia Consortium Program in Clinical Psychology (2010)

- *Psychologist, – Mental Health Residential Rehabilitation Treatment Program (MHR RTP)*

Brad M. Todd, Ph.D., California School of Professional Psychology (2000)

- *Psychologist, Mental Health Residential Rehabilitation Treatment Program (MHR RTP)*

Steven Williams, Ph.D., University of Florida (1987)

- *Psychologist, Behavioral Health Consultation Liaison Team & Primary Care Mental Health Integration Program, York Community Based Outpatient Clinic*

Jamie Via, Psy.D., Philadelphia College of Osteopathic Medicine (2012)

- *Clinical Psychologist; Outpatient Substance Use Disorder Program*

Lebanon Veterans Affairs Medical Center



The Lebanon VA is located in Lebanon, Pennsylvania, nestled in Pennsylvania Dutch Country. The city of Lebanon has a diverse population of over 24,000 residents and is surrounded by quaint small towns and rural agricultural areas. Lebanon is centrally located being equidistant from Harrisburg, Lancaster and Reading, Pennsylvania. The city is also 1.5 hours from Philadelphia and Baltimore, and 3 hours from Washington, DC and New York City.

The Lebanon Valley is an area rich in culture and home to many famous attractions. The city of Harrisburg, the state capital, is home of the Harrisburg Senators baseball team and the Pennsylvania Farm Show. Hershey, "Chocolatetown USA", is the home of Hershey's chocolate as well as Hershey Park and Zoo America. Lebanon is also close to Lititz, PA, recently voted the "coolest small town in America". Lititz is home to the Wilbur candy factory, Sturgis pretzels, Rock Lititz practice concert hall, and many independent restaurants and boutiques.

Lebanon is also close to many state parks and the Appalachian Trail. The Poconos are a short drive away and offer many recreational opportunities including skiing, whitewater rafting, paintball and mountain biking, just to name a few. Lancaster is home to the Amish and their culture as well as outlet and antique shopping.

Local Attractions:

<http://gettysburgmuseum.com/>

<http://www.hersheypa.com/>

<http://www.crystalcavepa.com/>

<http://www.hersheyharrisburgwinecountry.com/>

<http://www.poconomountains.com/>

<http://www.parenfaire.com/>

<https://www.sight-sound.com/WebSite/home.do>

