

VA GREATER LOS ANGELES
HEALTHCARE SYSTEM

Psychology Service Predoctoral Internship Program

2015-2016 Supplemental Information

VA GREATER LOS ANGELES
HEALTHCARE SYSTEM



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351 East Temple Street, Los Angeles, CA 90012

VA Greater Los Angeles Healthcare System

Los Angeles Ambulatory Care Center

**Psychology Service Internship Program Supplemental Information
2015-2016**

APPIC Program Code

113911

- **Application deadline:** November 2, 2015

- **Contact information:**

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- **Accreditation Status:**

Full accreditation by the Commission on Accreditation (CoA) of the American Psychological Association (APA). CoA is located at 750 First St., NE, Washington, D.C. 20002-4242, (202) 336-5979.

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Program Requirements and Electives: Putting It All Together

Breakdown of Training Hours

The internship is a full-time, year-long program involving 2080 hours. Approximately 85% of the training hours are spent in required programs and activities, with the remaining 15% coming from elective activities. See below. During a typical week, interns spent 18-20 hours in direct patient care, 6-7 hours in seminars, and 4-6 hours in individual/group supervision.

Program/Activity	Total Hours
Behavioral Medicine/Health Psychology	248
Mental Health Clinic	300-364
PTSD/PC-MHI	120-180
Time-Limited Dynamic Psychotherapy	80-100
Psycho-diagnostic assessment	208
Seminars	304
Outside training (e.g., CE courses)	25
Supervision	260-300
Other: (ABC groups, PRRC groups, etc.)	150
Electives	304
TOTAL	~2080

Weekly Schedule

It is sometimes difficult for prospective interns to conceptualize how they will spend a typical week here, and how they will fulfill all of the training requirements. Much of this difficulty stems from the fact that we do not send students to a few wards or programs where they spend large amounts of time. In some training programs a full day or week may be devoted to just one patient care activity. For example, on Mondays you may do only assessments, on Tuesdays behavioral medicine, on Wednesdays substance abuse treatment, etc. In our program, interns do a variety of activities on any given day.

One of the first tasks you will have as an intern is to set up your weekly schedule. The way this works is that you will be informed about the required and elective programs and activities when you first arrive, during an orientation week. You will then sit down with your primary supervisor and put together a tentative schedule. Over the course of the first 2-4 weeks, you will solidify this schedule based on when you are scheduled to do the East LA rotation, what your interests are for

elective activities, and what the other interns want to do. Although there is always some juggling that goes on in the first few weeks, remember that about 85% of your time is already booked into required activities. Most of the decisions about your schedule have to do with when you will see patients, do groups and testing, and meet various supervisors.

The following is a schedule of the required programs and activities. In between each of these regularly scheduled rotations, seminars, and supervision, you will be scheduling the rest of your groups, individual clients, assessments, supervision time, and electives. Over the course of the year, there can be some changes to this schedule of requirements.

Example of Intern's Training Hours and Scheduling

- MONDAY: Mindfulness/ACT Seminar, 9:00-10:00am
Training Support Lunch(3rd week), 12:15pm-1:00pm
In-service Training & High Risk Conference, 2:00pm-3:00pm
- TUESDAY: ELA PTSD Clinic/PC-MHI Program
7:30am-4:00pm (4-month rotation)
- WEDNESDAY: Assessment Seminar, 8:00am-9:00am
Mental Health Clinic Orientation/Intake, 11:00am-1:00pm
Time-Limited Dynamic Psychotherapy Seminar, 2:00pm-3:00pm
- THURSDAY: Behavioral Medicine Intake/Seminar
8:00am-10:00am (approximately 5 months)
Law and Ethics Seminar
12:15pm-1:00pm
Behavioral Medicine Seminar/Group Supervision
1:00pm-2:00pm
- FRIDAY: Diversity Seminar 1:00-2:00 (biweekly)
Scholarly Inquiry Seminar 1:00-2:00 (monthly)
Some 1/2 day trainings (e.g. PE Seminar)
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An example of a weekly intern schedule is given on the next page.

Intern Caseload

Questions arise as to how many patients, groups, and assessment cases interns are supposed to carry at any one time. In the past, the typical caseload has been 5 psychotherapy patients (individuals and/or couples), 4 groups, and 4 assessments. This is the total across all programs. We recognize that each student's caseload will vary to some extent. Some students, for example, like working with groups and may have 5 groups on their caseload. Your primary supervisor will help you to develop your caseload.

Fulfilling Required Program Hours

Prospective interns often try to add up the number of required hours for each specific program and activity, and then see how it all adds up. This can be misleading because multiple requirements can be fulfilled with single activities. For example, the weekly caseload of 5 psychotherapy clients can be made up of patients from a number of different programs (e.g., TLDP, behavioral medicine, substance abuse, PTSD), and thus fulfill hourly requirements for each of these programs while also fulfilling the individual psychotherapy requirement. Your primary supervisor will help you keep track of these hours.

Sample Intern Schedule

The following is a weekly schedule for one of our 2010-2011 interns during the 3rd quarter months of the training year. It is reprinted here to give you an idea of how various training activities can be broken into 30-60 minute blocks of time. Every student's schedule will be somewhat different because of individual preferences. This particular intern had already taken the East LA rotation so was free to participate in other groups and clinical activities on Tuesday.

Sample Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Supervision with Dr. Sobol 7:45-8:00	Prep/Notes/Appointments 7:30-9:00	Prep/Notes/Appointments 7:30-8:00	Prep/Notes/Appointments 7:30-8:00	Prep/Notes/Appointments 7:30-8:00
8:00	Prep/Notes/Appointments 8-9am	A 414	Rorschach Seminar 8-9am	Supervision with Dr. Jablon 8-9am	Individual Pt. 8-9am
8:30	A 414		A 424	B 443	A 414
9:00	Mindfulness/ACT Seminar 9-10am	Social Skills Training Group	TLDP Pt. 9-10am	Finish Intake Report 9-10am	Relapse Prevention Group 9-10am
9:30	A 424	9-10am PRRC	A 414	A 414	B359
10:00	Topic of the Month Group 10-11am	Note/Report Writing OR Psych Assessment	Notes/Admin	Women's Chronic Pain Group 10-11:15am	Individual Pt. 10-11am
10:30	A 432	A 414		A 428	A 414
11:00	Notes		Mental Health Intake 11am-12pm	Notes	Notes/Report Writing
11:30	A414		A 414	Lunch	
12:00	Training Support Lunch 12:15-1pm	Lunch	Intake Case Presentation 12pm-1pm	Law & Ethics Seminar 12:15-1pm	Intern Lunch 12-1pm
12:30	A 424	notes	A 424	A 424	
1:00	ACT Pt. 1-2	ACT Supervision 1:00-1:30	Intake Report Writing 1-2pm	Beh Medicine Supervision 1-2pm	Diversity Seminar 1-2pm
1:30	A 414	CPT Group 1:30-3pm	A 414	A 424	A 424
2:00	Staff/Intern Meeting (3xs/mo.) 2-3pm	A 424	TLDP Seminar 2-3pm	Individual Pt. 2-3pm	Note/Report Writing
2:30	A 424		A 424	A 414	
3:00	Notes/Admin	CPT Group Supervision/Progress Notes	Notes/Prep	Sup with Dr. Sobol/BMed Intake 3-4pm	Note/Report Writing
3:30			A414	A 417	A 414

Staff/Intern Training

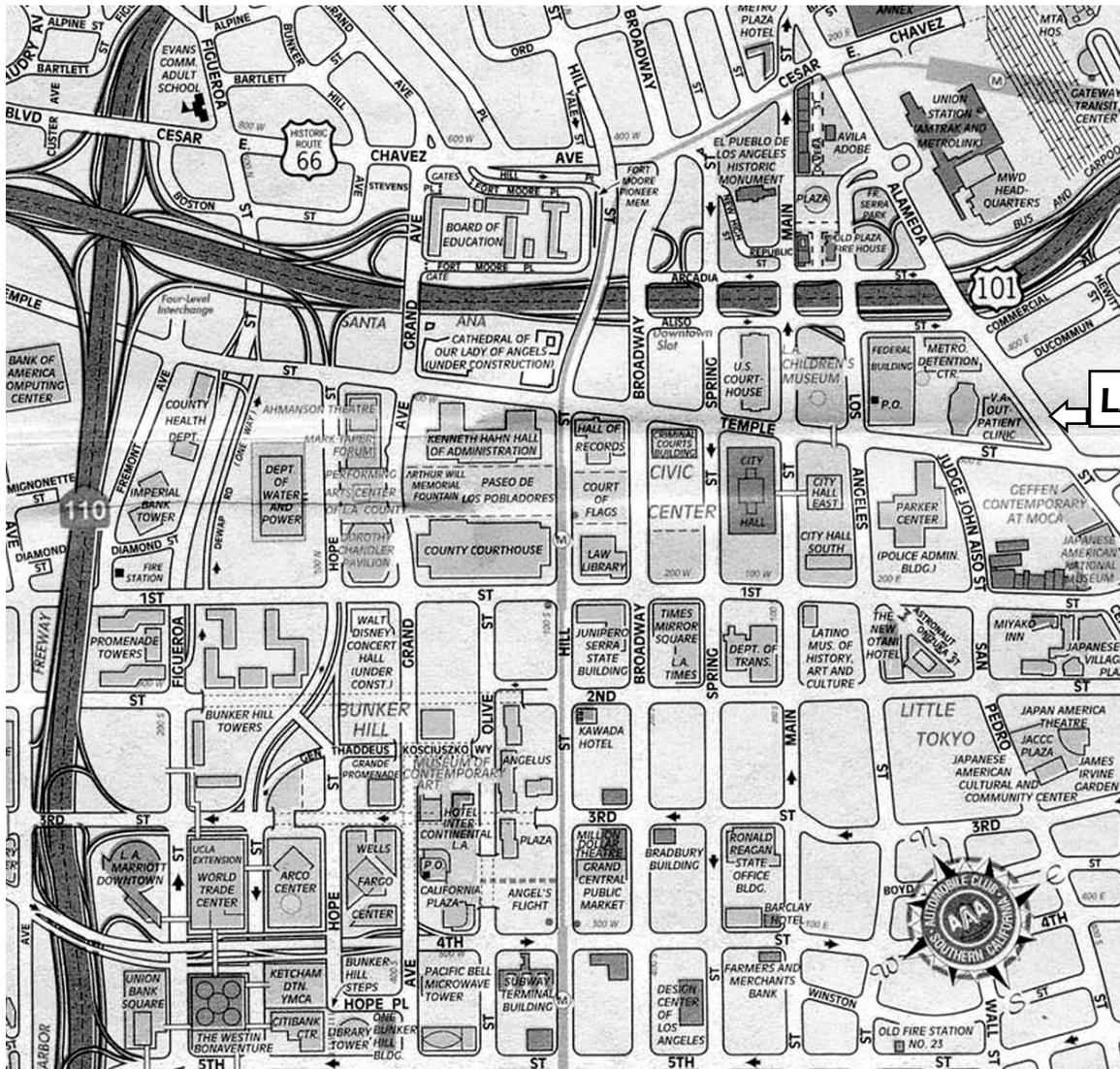
Partial Schedule of 2014-2015 Staff/Intern Training Meetings

<u>Month</u>	<u>Topic</u>	<u>Speaker</u>
August	High Risk Procedures	Staff and Interns
September	Management & Prevention of Suicide Motivational Interviewing	Tana Teichiera, SPC Mike Karakashian, Ph.D.
October	Psychopharmacology Life After Internship	Bing Hsu, M.D. Panel of Guests
November	Challenges of Being Female in the VA	Panel of Guests
December	Military Psychology	Kimberly Newsom, Ph.D.
January	Movement, Music, & Rhythm	Sara Wilbur, M.A.
February	Licensure In California	Anna Leshner, Psy.D.
March	Virtual Reality Treatment for PTSD	Skip Rizzo, Ph.D.
April	VA CALM (Mindfulness)	
May	Genetic Underpinnings of the Relationships Amongst Stress, Depression, and Inflammation	Molly Tartter, M.A.
June	Well-being in Individuals with Chronic Medical Conditions	Jackie Spezze, M.A.
	Recovery Following Potential Traumatic Injury	Rich Roberson, M.S.

All-Day Conferences

An Introduction to the PAI (October)
Acceptance and Commitment Therapy (April)
Law & Ethics (May)

Map of Downtown Los Angeles



LAACC

