

VA—GREATER LOS ANGELES HEALTHCARE SYSTEM
LOS ANGELES AMBULATORY CARE CENTER

Psychology Service Predoctoral Internship Program

2014-2015 Supplemental Information



- **APA-accredited since 1977**
- **State-of-the-art facilities**
- **Community mental health setting with a diverse patient population**
- **Generalist training within a practitioner-scientist model**

351 East Temple Street, Los Angeles, CA 90012

VA GREATER LOS ANGELES
HEALTHCARE SYSTEM



A Division of VA Desert Pacific
Healthcare Network

VA Greater Los Angeles Healthcare System

Los Angeles Ambulatory Care Center

Psychology Service Internship Program Supplemental Information
2014-2015

APPIC Program Code

113911

- Application deadline: November 13, 2013

- 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.

351 East Temple Street, Los Angeles, CA 90012

V.A. - LAACC Psychology Staff



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Stephen Strack, PhD
(Retiring January 2014; May serve as
consultant in psychodiagnostic assessment)



Debra Sobol, PhD



Susan Steinberg, PhD



Gary Wolfe, PhD
(Retired Chief of Psychology;
Facilitator of Mentoring Program)



Leona Payton-Franklin
Administrative Assistent

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 |
|---|-----------------------------------|
| <i>Requirements</i> | 1358-1378 |
| Behavioral Medicine/Health Psychology | 250 |
| Mental Health Clinic | 100 |
| Post-Traumatic Stress Disorders | 128 |
| Time-Limited Psychotherapy | 80-100 |
| Psychodiagnostic assessment | 200 |
| Seminars | 304 |
| Supervision | 304 |
| Outside Training (CE & Licensure ready) | 100-120 (includes transportation) |
| <i>Electives</i> | 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: Staff Meeting/ Training Meeting (1st and 4th weeks)
Professional Issues(2nd week)
12:15pm-1:00pm
In-service Training & High Risk Conference
2:00pm-3:00pm

TUESDAY: ELA PTSD Clinic 7:30am-4:00pm (3-month rotation)

WEDNESDAY: Assessment Seminar, 8:00am-9:00am
Mental Health Clinic Intake, 11:00am-1:00pm
Time-Limited Dynamic Psychotherapy Seminar
2:00pm-3:00pm

THURSDAY: Behavioral Medicine Seminar/Intake
8:00am-10:00am (approximately 5 months)
Law and Ethics Seminar
12:15pm-1:00pm
Behavioral Medicine Seminar and Supervision
1:00pm-2:30pm

FRIDAY: Scholarly Inquiry Seminar 2:00pm-3:00pm (2nd Friday)

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 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

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 | Couples Therapy Supervision 9-10am | Social Skills Training Group 9-10am PRRC | TLDP Pt. 9-10am | Note/Report Writing 9-10am | Relapse Prevention Group 9-10am |
| 9:30 | A 424 | | 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/Report Writing |
| 11:30 | A414 | | A 414 | Lunch | |
| 12:00 | Sup Seminar/Mtg with Dr. Steinberg 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 | PE Pt. 1-2:30 | | Intake Report Writing 1-2pm | Beh Medicine Supervision 1-2pm | Individual Pt. 1-2pm |
| 1:30 | A 414 | CPT Group 1:30-3pm | A 414 | A 424 | A 414 |
| 2:00 | | A 424 | TLDP Seminar 2-3pm | Individual Pt. 2-3pm | Note/Report Writing |
| 2:30 | Sup with Dr. Sobol 2:30-3pm | | A 424 | A 414 | |
| 3:00 | Staff/Intern Meeting (3xs/mo.) 3-4pm | CPT Group Supervision/Progress Notes | Notes/Prep | Sup with Dr. Sobol/BMed Intake 3-4pm | Once monthly PTSD Seminar 3-4pm |
| 3:30 | A 424 | | A414 | A 417 | A 424 |

In-service Training

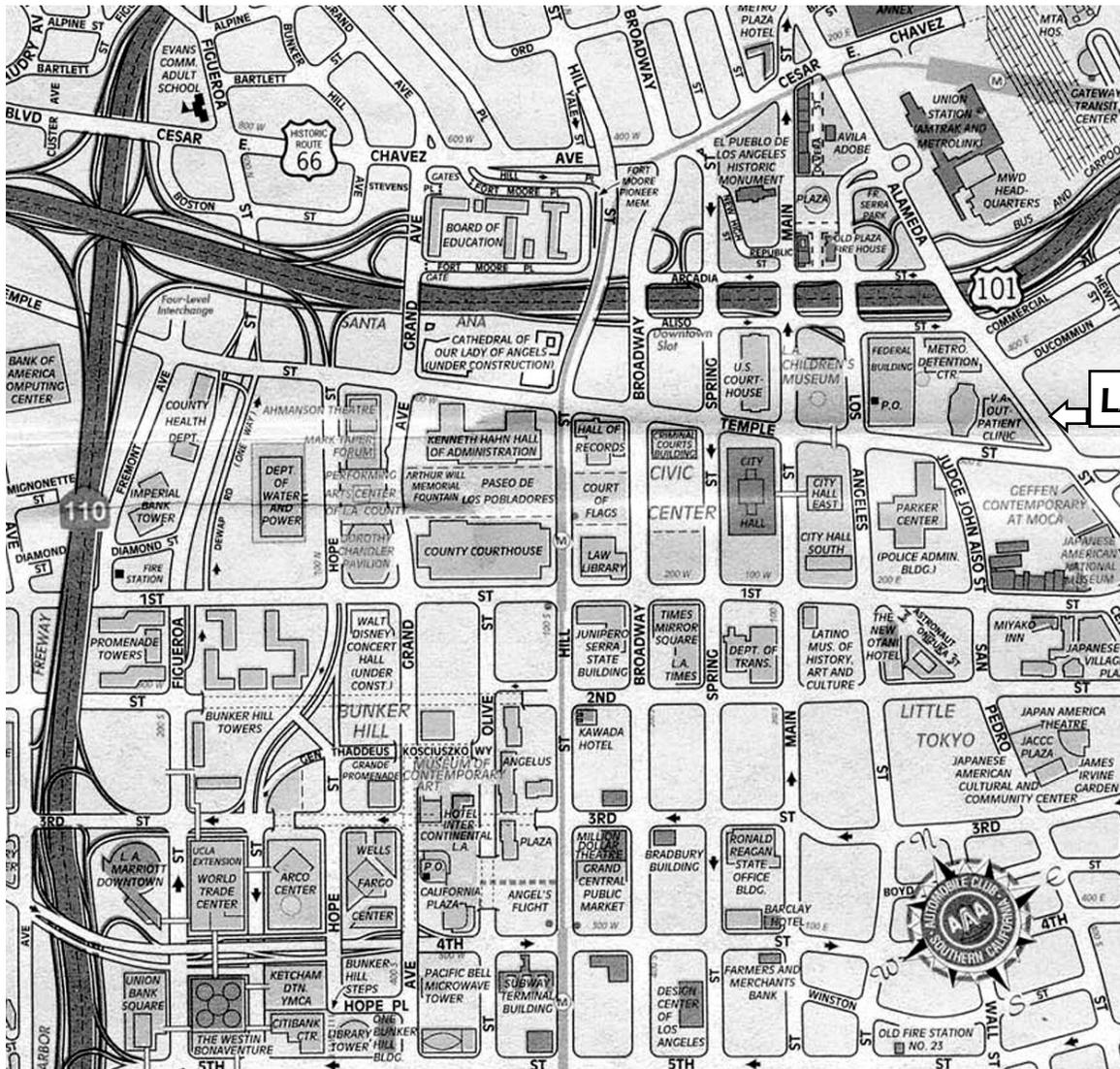
Partial Schedule of 2012-2013 In-service Training Meetings

| <u>Month</u> | <u>Topic</u> | <u>Speaker</u> |
|--------------|---|---|
| August | High Risk/Suicidal/Assaultive Patients | Stephen Strack, Ph.D. |
| September | Psychopharmacology: Q & A Transgender Mental Health | Bing Hsu, M.D. Cadeyn Cathers, MFT |
| October | Vet Centers Life after Internship | Vianey Midgette, Ph.D. Panel of Guests |
| November | Primary Care Mental Health Integration APA Multicultural Task Force | Lauren Simmons, Ph.D. Linda Mona, Ph.D. |
| December | Psychology Careers at Kaiser Permanente Challenges of Being Female in the VA | Patrick O'Hearn, Ph.D. Naomi Himmelfarb, Ph.D. |
| January | DBT Training (Harbor-UCLA Program) | Kristen Leischman, Psy.D. |
| February-May | Mindfulness-Based Stress Reduction (9 week training program) | Greg Serpa, Ph.D. & Debbie Sobol, Ph.D. |
| June | Social Capital Theory: Application in Behavioral Medicine at the VA | Nanci Argueta, M.A. |
| | The Mental Health of Women Veterans: Application of Findings to the LAACC General Mental Health Clinic | Nicole Wernimont, M.S. |
| | Detection of Fraudulent Users in an Internet-Based Behavioral Trial | Eric Hanson, M.A. |
| July | Dance and Well-Being Termination of Clients | Shelly Crosby, M.A. LAACC Staff |

All-Day Conferences

An Introduction to the MCMI-III (November)
Enhancing Post-traumatic Growth (March)
Legal and Ethical Issues (May)

Map of Downtown Los Angeles



LAACC

