

## Predoctoral Internship Program in Psychology

### *Introduction*

Centrally located in the heart of downtown, the Los Angeles Ambulatory Care Center (LAACC) has occupied an important place in the LA community for the past fifty years. First situated in the Broadway commercial area, the LAACC also resided in the historic Subway Terminal Building near Bunker Hill before settling into its new home near Union Station in 1993. Now located adjacent to Olvera Street, Little Tokyo, and Chinatown, the clinic welcomes a diverse clientele representing veterans of many eras, ethnicities, and backgrounds.



Downtown is the cultural, financial, and political hub of metropolitan Los Angeles, an area that extends west to Santa Monica, south to the Port of Los Angeles, north to the San Gabriel Mountains, and east to Whittier. Los Angeles is in the midst of a physical and socio-cultural renaissance. Businesses, shopping, recreation, and cultural centers now dominate the area around the clinic. The Contemporary Art Museum, Music Center, financial and garment districts, and jewelry center are all within walking distance of the clinic.



Housed in a recently constructed, state-of-the-art building, LAACC represents what is current in health care. As part of the newly formed VA Greater Los Angeles Health Care System, it is part of the modern VA, providing innovative, comprehensive, and coordinated care to veterans and their families.

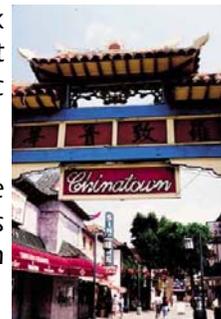
### *About the Clinic*

LAACC is an ambulatory care facility that provides comprehensive medical and mental health services to its veteran population. Staffed by over 100 employees, it offers audiology and speech pathology, dentistry, dietetics, general and rehabilitation medicine, nursing, internal medicine, optometry, pharmacy, psychiatry, psychology, and social work services. It also has specialty clinics for problems like arthritis, diabetes, heart disease, hypertension, infectious disease, HIV/AIDS, low vision, and orthopedic disabilities. Approximately 500 patients are seen daily at the clinic.

Mental health programs include outpatient mental health, substance abuse treatment, and Day Treatment. Specialty programs for post-traumatic stress disorder and behavioral medicine also exist. Psychology plays a significant role in all mental health programs.



LAACC is closely connected to the East Los Angeles Neighborhood Clinic, a VA facility located about eight miles away in a largely Latino community. The clinic offers community-based medical and mental health services in a multicultural setting. The Post-Traumatic Stress Disorder Clinical Team, Outpatient Mental Health, and a socialization program are mental health programs



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located there. Psychology staff and students are highly involved in providing services within a number of programs at this clinic.

The clinic building on Temple Street was completed in 1993 and is state-of-the-art in every way. It is bright, spacious, and offers views of Los Angeles' landmark architecture and nearby mountains. It was designed to be functional, and is easily accessible to the clinic's disabled clientele. Interns have their own offices with phones, voice mail and high-powered IBM-compatible Pentium computers that are linked to the clinic's network. In addition, there are computerized administration, scoring, and interpretation services for many psychological tests. Interns also have access to the medical library at the West Los Angeles VAMC as well as internet bibliographic services.



Lobby at LAACC



Cafeteria patio at LAACC

### *Psychology Service*

The Psychology Service consists of seven full-time psychologists, three part-time psychologists, and an administrative assistant. Training staff come from both academic and professional schools and represent a variety of theoretical outlooks, including cognitive-behavioral, interpersonal, family systems, and psychodynamic. Staff hold appointments at local academic institutions including Alliant International University, Fuller Graduate School of Psychology, University of California at Los Angeles, and University of Southern California. All staff psy-

chologists participate in the training program. See Appendix I for vitae of the Psychology Service staff.

### *Internship Overview*

The Psychology Service of the LAACC offers a one-year, full-time predoctoral internship. Accredited by the American Psychological Association since 1977, its focus is helping interns master several essential areas in outpatient psychological care. We view our mission as providing training that prepares interns for the duties typical of a psychologist in an outpatient setting. With this in mind, we provide generalist training in a whole spectrum of outpatient and community mental health services. We

offer practical experience, didactic training, and intensive mentoring in order to help our interns master these areas. We provide training according to a practitioner-scientist model.



Intern office at LAACC

The areas that we consider essential to outpatient psychological care are:

1. Psychodiagnostic assessment
2. Intake assessment
3. Psychotherapy: Individual and group
4. Interdisciplinary liaison skills
5. Teaching and education



Location of the East Los Angeles Neighborhood Clinic

## Essential Skills

1. Psychodiagnostic assessment: Interns consistently comment that one of the strengths of our internship program is the training they receive in psychological testing. The goal of the training is to facilitate full competence in the area of psychodiagnostic assessment by the end of the year. Assessment training is provided in a year-long weekly seminar and through supervision of testing cases. Interns are required to complete a minimum of five (5) comprehensive batteries during the year in addition to the routine testing that they do as part of our required and elective training programs. Psychological testing is often conducted as part of initial assessment and treatment planning, to gauge progress in therapy, and for purposes of disability determination. Referrals for comprehensive assessments come from psychiatrists, psychologists, social workers, neurologists, and other professionals throughout the clinic, as well as from local Vet Centers. The seminar covers a range of objective and performance-based instruments, including the MCMI-III, MMPI-2, Rorschach, TAT, WAIS-III, WMS-III, Alcohol Severity Index, and various neuropsychological screening measures including the B-Test, Dot Counting Test, Boston Naming Test, Grooved Pegboard Test, Rey-15 Item Test, Rey-Osterreith Complex Figure Test, Ruff Figural Fluency Test, Stroop A, B, & C, Trail Making A & B, Verbal Fluency Test (FAS), Wide Range Achievement Test-3 (WRAT-3), and Wisconsin Card Sorting Test (WCST). Training is additionally provided in advanced interpretation of individual tests, integration of assessment results, and report writing. Computerized administration, scoring, and interpretation is available for most tests.

Supervisors: Drs. Strack, Steinberg, Lo, and staff.  
 Hours required: Varies, approx. 200  
 Hours per week: 4  
 Number of weeks: 50  
 Schedule: Wednesdays, 8:00-9:00am, for seminar; testing schedule varies.

2. Intake assessment: Interns learn how to perform various types of intake assessments through various programs, such as the Mental Health Clinic, Behavioral Medicine program, Alcohol and Substance Abuse program, and the ELA PTSD program. For example, all new patients referred for general mental health services first attend a group orientation and then are interviewed by a staff member. Interns participate in this process throughout the year and attend a weekly multidisciplinary team treatment planning meeting to go over new cases. Through this experience, students learn to sharpen their skills in differential diagnosis, initial treatment planning, and making appropriate referrals.

Supervisors: Drs. Steinberg, Goguen, Sobol, Feigel, and staff  
 Hours required: Varies  
 Hours per week: Approx. 3-4 (listed under each program description)  
 Number of weeks: 50  
 Schedule: Varies (the schedules are listed under each program description)

3. Psychotherapy: Interns develop advanced psychotherapy skills through participation in a variety of required and elective programs (e.g. PTSD, Substance Abuse, Time-Limited Dynamic Psychotherapy, Day Treatment, etc.). They treat diverse patients in individual and group therapy and learn a variety of therapeutic interventions (e.g. psychodynamic, cognitive, behavioral, and psycho-educational).

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*Individual psychotherapy:* Interns gain experience providing individual psychotherapy to patients with a variety of concerns. Typical diagnoses for these patients include substance abuse, PTSD, military sexual trauma, major depression, dysthymia, schizophrenia, and personality disorders. Depending on the program and the veteran's needs, clients may be seen for short-term or long-term treatment. Different therapeutic approaches are applied depending on the focus of the program, as well as the diagnosis and capabilities of the patient. Interns learn case conceptualization as well as participate in treatment planning and outcome assessment. Interns are required to carry a minimum of 6 individual clients. The required Behavioral Medicine, Substance Abuse, and Time-limited Dynamic Psychotherapy clients may help to fulfill this requirement.

Supervisors:	Staff
Hours required:	300
Hours per week:	6
Number of weeks:	50
Schedule:	Varies

*Group psychotherapy:* In group therapy, interns frequently serve as co-leaders with staff psychologists, interns, or other mental health professionals. Doing so allows them to learn through collaboration and observation. Interns lead groups in the Day Treatment, Substance Abuse, ELA Neighborhood Clinic, Behavioral Medicine, and Mental Health Clinic programs. They learn to utilize a variety of process-oriented and psycho-educational models. Both ongoing and time-limited groups are offered to interns and practicum students. Interns are required to co-lead a minimum of 4 groups weekly throughout the year. A three-month supervision seminar is led by Dr. Lo to provide students with group therapy supervision and to train interns in the following areas: process issues, structured approaches, different treatment areas, and ethical considerations.

Supervisors:	Staff
Hours required:	200
Hours per week:	4
Number of weeks:	50
Schedule:	Group therapy supervision seminar will meet weekly, September through November, on Wednesdays from 2:00 to 3:00pm.

4. Interdisciplinary liaison skills: Trainees participate in multidisciplinary treatment teams in specialized programs. They learn to respond to the needs of colleagues from other disciplines and to make recommendations based on psychological evaluation to treatment team members. Interns participate in a number of required programs that provide opportunities for interdisciplinary consultation. These programs are described a little later in this brochure. If they choose to do so, interns may also participate in a number of elective programs which also provide opportunities for liaison and consultation work. These programs are also described later in this brochure.

5. Teaching and education: Interns gain experience in the role of educator by giving presentations to staff and students in the Behavioral Medicine, Time-Limited Psychotherapy, Group, Substance Abuse Seminars, High Risk Conferences, and in-service meetings. They offer supervision to their peers in group supervision and, in some instances, they become individual supervisors for practicum students.

## Training Components

There are three components to the internship that help trainees to develop the essential skills described above, namely, experiential training in clinical programs, didactics, and individual and group supervision.

1. Clinical programs are divided into two groups; namely, those that are required for all interns and those that are elective.

*Required programs* include the following:

- Behavioral Medicine/Health Psychology
- Mental Health Clinic
- Post-Traumatic Stress Disorder (ELA PTSD Clinic)
- Time-Limited Psychotherapy

*Elective programs* include:

- Alcohol and Substance Abuse Treatment (ASAP and ASAP-COD)
- Behavioral Health Program Evaluation
- Clinical Research
- Couple's Therapy
- Day Treatment
- Dual Diagnosis Recovery Program for Women (DDRP)
- Family Therapy
- Neuropsychological Assessment
- Off-Site Placement
- Primary Care Clinic
- Program Development
- Sexual Health Clinic
- Smoking cessation
- Supervision

2. Didactics: All interns participate in regular workshops, seminars, and conferences (described later). These include:

- Behavioral Medicine Seminar (weekly)
- Day-Long Special Conferences (as scheduled)
- Group Therapy Supervision, Substance Abuse, and PTSD (weekly)
- In-service (monthly)
- High Risk Conference (biweekly)
- Movie/Book Club (bi-monthly)
- Post-Traumatic Stress Disorder (monthly)
- Legal/Ethical Issues (weekly)
- Psychodiagnostic Assessment (weekly)
- Supervision (8 weeks, April and May)
- Time-Limited Psychotherapy (weekly)

3. Supervision: In the interest of providing a broad-based clinical training experience, interns have the opportunity to work with several staff/supervisors who operate from different theoretical orientations and modalities, such as cognitive-behavioral, experiential, humanistic, interpersonal, personological, psychodynamic, and time-limited psychodynamic. Our staff is also interested in utilizing empirically-validated/evidence-based treatments with our patients. At the beginning of the training year, each intern is assigned a "primary supervisor," who serves as an advisor and mentor. In addition, interns have clinical supervisors in each program in which they participate. Since interns take part in many programs, they work with several supervisors over the course of the year. In this way, they are exposed to different supervision styles, therapeutic approaches, theoretical orientations, and specialty areas. Interns typically receive about two hours of individual supervision each week and four hours of group supervision. We also offer didactic training in supervision.

## Breakdown of Training Components

### *Experiential Training*

The experiential, clinical part of the program consists of a variety of direct service training experiences in the five essential skill areas: Psychodiagnostic assessment, intake assessment, psychotherapy (individual and group), interdisciplinary consultation, and teaching/education. These are required skill areas for competency assessment at the end of the year. Training in these essential skill areas is provided through a number of required programs including: Behavioral Medicine, Mental Health, PTSD, and Time-limited Dynamic Therapy. We consider these required programs fundamental for the mastery of the essential skill areas. The elective training programs supplement the training of the essential skill areas. These include: Alcohol and Substance Abuse Treatment (ASAP), Behavioral Health Program Evaluation, Clinical Research, Couple's Therapy, Day Treatment, Employee Stress Management, Family Therapy, Low Vision, Military Sexual Trauma, Neuropsychological Assessment, Off-Site Placement, Primary Care, Program Development, PTSD Advanced Training, Sexual Health Clinic, and Smoking Cessation. Interns may choose one or more of these programs over the course of the training year. Time requirements for the elective programs are flexible. See Appendix II for more information about the breakdown of hours between required and elective programs, and how interns create their weekly schedule.

### Required Programs

#### Behavioral Medicine/Health Psychology

This multidisciplinary program evaluates and treats veterans with problems such as headaches, chronic pain, hypertension, diabetes, anxiety disorders, and insomnia. In a weekly, one-hour seminar, interns develop an understanding of the etiology, assessment, and treatment of such disorders. Specific interventions are taught including relaxation training, guided imagery, cognitive strategies, biofeedback, hypnosis, and breathing exercises. Interns participate in short-term psychoeducational groups that vary monthly by topic (e.g., sleep hygiene, weight management). The program interacts with many clinical services, including Primary Care, Neurology, Pharmacy, Psychiatry, and other specialty clinics. Interns typically carry two individual patients at a time. More

specialized or intensive training is available through the elective modules described later in the brochure.

Supervisor: Dr. Sobol  
Hours required: 250  
Hours per week: 4-6  
Number of weeks: 50  
Schedule: Thursdays, 8:00-10:00am and 12:45-2:30 pm for seminar, group supervision, and team intakes. Individual cases are TBA.

### Mental Health Clinic

The Mental Health Clinic is staffed by six psychologists, three psychiatrists, one psychiatric nurse, and a receptionist. The majority of veterans seen in individual psychotherapy have been admitted to the Mental Health Clinic. A number of therapy groups are conducted here as well, and numerous referrals for psychodiagnostic testing come from this clinic. Interns are required to participate in the weekly Mental Health Clinic intake procedure. Each Wednesday five to ten veterans are scheduled for a Mental Health Clinic orientation group and intake assessment. Interns and staff perform these intakes. They consist of completing Part I of a 3-part Mental Health Outpatient Initial Assessment and an initial treatment plan. The Mental Health Clinic team (psychologists, psychiatrists, and interns) meets following the intake assessments to discuss differential diagnosis, treatment planning, and referrals.

Supervisors: Drs. Goguen and Steinberg  
Hours required: 100  
Hours per week: 2  
Number of weeks: 50  
Schedule: Wednesdays, 11:00am-1:00pm

### Post-Traumatic Stress Disorder

Located in the East Los Angeles Neighborhood Clinic, this multidisciplinary program targets veterans who suffer from PTSD. The patient population is ethnically diverse and consists primarily of persons with combat-related disorders. Treatment includes psychological assessment, individual psychotherapy, psychiatric treatment, and group work. Most groups are built on a cognitive-behavioral framework and emphasize the development of coping skills. During the four-month program, interns receive education and training in all aspects of trauma-related disorders, including etiology, diagnosis, and treatment. Students are required to spend the entire day focusing on PTSD treatment. Students will complete an intake interview and write-up including assessment measures each week. They will co-lead a PTSD Group with Dr. Feigel. Students may also elect to carry an individual therapy case and learn Cognitive Processing Therapy, a short-term treatment model, for PTSD.

Supervisor: Dr. Feigel  
Hours required: 128

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Hours per week: 8  
 Number of weeks: 16  
 Schedule: Tuesdays

Time-Limited Dynamic Psychotherapy

Changes in the way mental health care providers are reimbursed have placed greater emphasis on the use of brief therapies. This year long, two-hour per week program teaches interns to use Strupp and Binder's/Hanna Levenson's model of short-term dynamic therapy. Didactic training is provided for the first 4-6 weeks. The seminar then switches to a group supervision format. Interns treat one to two patients according to this model. Sessions are videotaped and reviewed during group supervision.

Supervisor: Dr. Steinberg  
 Hours required: Varies  
 Hours per week: 2  
 Number of months: 9-10  
 Schedule: Wednesdays, 3:00-4:00pm, for seminar and group supervision; treatment schedule varies.

**Elective Programs**

Interested interns may also take part in the following elective programs. Entry is at the discretion of the program supervisor(s).

Alcohol and Substance Abuse Program (ASAP), Alcohol and Substance Abuse Program—Co-Occurring Disorders (ASAP-COD), and Opioid Treatment Program (OTP)

During the course of the year, interns can learn about the clinical issues, administration, and treatment practices of a multidisciplinary substance abuse treatment program, which includes sub-programs providing treatment to patients with co-occurring disorders (ASAP-COD) as well as methadone maintenance (OTP). The majority of patients served are homeless and unemployed; some are referred from the clinic's Community Care Program servicing homeless veterans, Mental Health Clinic, Primary Care, residential treatment programs in the surrounding community, inpatient programs, and the court/probation system. Interns will be exposed to the Matrix Model of substance abuse treatment and recovery as well as develop a familiarity with the 12-Step philosophy used in the community. During the training year, interns may conduct initial intake assessments using the Mental Health Outpatient Initial Assessment instrument, and an Interdisciplinary Treatment Plan. Additionally, interns may elect to have individual psychotherapy patients from the ASAP, and co-lead one or two ASAP psychotherapy groups on various topics such as alcohol/drug education, assertiveness training, combat PTSD & recovery issues, family issues and relationships, relapse prevention, and stress management. All therapy and assessment cases assigned through the ASAP go toward fulfilling general training requirements.

Supervisor: Dr. Lo  
 Hours required: Varies  
 Hours per week: 3-4  
 Number of weeks: 50  
 Schedule: Varies

### Behavioral Health Program Evaluation

In this four-month program interns take the lead to develop mental health interventions to enhance psychological adjustment and improve disease-relevant outcomes in any number of potential behavioral medicine practice areas: hypertension, obesity, effective aging, sleep. Multidisciplinary teaming is encouraged.

Supervisor: Dr. Sobol  
Hours required: 32  
Hours per week: 2  
Number of weeks: 16  
Schedule: Varies

### Behavioral Medicine

This behavioral medicine program elective is offered during the year, focusing on illness prevention and adjustment to chronic medical conditions.

*Primary Care Clinic.* This four-month program offers experience in providing mental health services to patients seen in primary care. Responsibilities include consultation and triage as well as short-term focused treatment (i.e. sleep hygiene, weight management, adjustment to chronic illness).

Supervisor: Dr. Sobol  
Hours required: Flexible  
Hours per week: Flexible  
Number of weeks: Flexible  
Schedule: Mondays, Wednesdays, or Thursdays

### Clinical Research

This elective allows interns to devote a portion of their training time to research. Interns may use this time to develop an empirical project, carry out an existing study, work on their dissertation, obtain research-related training, etc. Staff are available to provide expertise, resources, and a variety of research opportunities. A number of our previous interns have worked with staff members on clinical research that resulted in co-authored publications, including a book. Dr. Strack provides opportunities in the area of personality research. Students have conducted psychological research in the Dental program. There are opportunities for research in the PTSD program as well.

Supervisors: Dr. Strack and staff  
Hours required: Flexible; 100 maximum  
Hours per week: Flexible; 4 maximum  
Number of weeks: Varies  
Schedule: Varies

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### Couples Therapy

Due to the demographics of our patient population there are not enough couples available to ensure proficiency in couple's therapy at this site. However, the opportunity for treating couples presents itself from time to time, and staff with expertise in this area are available to supervise cases. Therefore, we offer training in couple's therapy as an elective program. Interested interns will be given the opportunity to perform conjoint couple's therapy with a staff member or another intern. They will receive supervision and didactic training in couple's therapy. Didactic training will focus upon empirically-validated models of couple's treatment, John Gottman's research based approach, and Neil Jacobson's model of acceptance and change.

Supervisors:	Drs. Steinberg and Lo
Hours required:	Varies
Hours per week:	Varies
Number of weeks:	Varies
Schedule:	Varies

### Day Treatment

The clinic's multidisciplinary Day Treatment Center (DTC) provides ongoing supportive, milieu therapy to veterans with a variety of chronic, debilitating mental illnesses who live independently in the community. Treatment is designed to prevent relapse, foster independence and self-esteem, maximize social and family functioning in the community, and assist in the acquisition of new skills and understanding. We currently have two Day Treatment programs: one at our downtown Los Angeles facility, and one at our East LA Clinic.

As time and interests dictate, interns may select from a mix of training opportunities, including (a) program development; (b) intake, assessment, treatment planning, and evaluation; (c) case management; (d) milieu therapy including patient governance, educational presentations, field trips, and activity therapies; and (e) didactic training in the diagnosis, assessment, and the development and facilitation of psycho-educational groups.

Interns have the opportunity to participate in a rotation that includes 1 hour of milieu therapy; 1 hour of group therapy co-facilitated with Dr. Nuñez (at LAACC) or Dr. Owens (at ELA); 1 hour of individual counseling, intake, assessment, or treatment planning; and 1 hour of supervision with Drs. Nuñez or Owens. Specific use of training time will be arranged with Drs. Nunez or Owens.

Supervisors:	Drs. Nuñez or Owens
Hours required:	Varies
Hours per week:	3-4
Number of weeks:	Varies
Schedule:	Varies

### Family Therapy

Family Therapy training that emphasizes systems theory is offered at the Sepulveda VA campus. A weekly seminar covers both theoretical and clinical issues. Participants learn to assess and intervene with families experiencing problems such as marital discord, child abuse, chemical dependence, domestic violence, and intergenerational conflict. A consultation room with a one-way mirror allows observers to view ongoing treatment as conducted by trainees or as

demonstrated by the supervisor. The training includes live supervision of trainees while they are conducting therapy, co-therapy with supervisor and trainee, videotapes of master therapists, and case conferences.

Supervisor: Dr. Herb Goldenberg  
Hours required: Varies  
Hours per week: 6  
Number of weeks: Varies  
Schedule: Tuesday afternoons

#### Dual-Diagnosis Recovery Program for Women (DDRP)

This group therapy program is designed specifically for female veterans dealing with co-occurring substance use disorders and trauma-related issues, including Posttraumatic Stress Disorder (PTSD). The core of the program revolves around the *Seeking Safety* model, which focuses on the development of healthy coping skills related to improved life decision-making. Topics covered within the *Seeking Safety* protocol include: Asking for Help, Coping with Triggers, Healing from Anger, and Setting Boundaries in Relationships. In addition to the *Seeking Safety* module, DDRP offers a variety of other psychoeducational opportunities for women veterans, including Acceptance & Commitment Therapy, Conflict Resolution, Healthy Relationships and Family Issues, Reflective Writing, Relapse Prevention, and Stress Management. DDRP also provides comprehensive case management services and individual therapy as needed.

This program splits time between two locations: Los Angeles Ambulatory Care Center (LAACC) and Pasadena Community Based Outpatient Clinic (located @ San Gabriel).

Supervisor: Dr. Newsom  
Hours required: Varies  
Hours per week: Varies  
Number of weeks: Varies  
Schedule: Tuesdays, Wednesdays, Thursdays

#### Neuropsychological Assessment

Although interns have the opportunity to conduct basic neuropsychological assessments on-site at LAACC with Dr. Lo, they may elect to receive more intensive, in-depth training in neuropsychological assessment, including brain-behavior relationships, at the West Los Angeles campus. Supervised by Dr. Charles Hinkin, interns devote one day a week to administering tests and four hours to seminar and supervision. Additional report-writing time is also required (approx. 4 hours). Referrals include questions about dementia, memory impairment, and brain injury. This elective requires a minimum sixteen hour-a-week time commitment for at least 4 months of the year.

Supervisor: Dr. Hinkin  
Hours required: 254 (minimum)  
Hours per week: 16  
Number of weeks: 16 (minimum)  
Schedule: Varies

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Interns may use up to 304 hours of on-duty time to receive supplementary training at an approved off-site facility. After a settling-in period, interns may coordinate off-site training with their primary supervisor. Time at an off-site placement cannot interfere with regular, on-site duties, and approval of the placement must be obtained in advance from the Director of Internship Training. In the past, interns have obtained off-site placements at the West Los Angeles VA Medical Center and San Fernando Valley Child Guidance Clinic.

Supervisor: Dr. Steinberg  
 Hours required: Flexible; 304 maximum  
 Hours per week: Flexible; 8 maximum  
 Number of weeks: Flexible; 38 maximum  
 Schedule: Varies

Program Development

This elective allows interns to design and implement a clinical treatment program in a need area. Staff provide guidance from the needs assessment stage through resource allocation, program implementation, and cost-benefit analysis.

Supervisor: Staff  
 Hours required: 24  
 Hours per week: 2 (minimum)  
 Number of weeks: 12 (minimum)  
 Schedule: Varies

Smoking Cessation

This program offers training in the application of behavioral techniques for stopping smoking. The ongoing program consists of two components: quitting smoking using cognitive behavioral techniques and maintaining long-term abstinence. The program emphasizes long-term lifestyle changes and is conducted by a nurse practitioner, a psychologist, and a pharmacist.

Supervisor: Dr. Wolfe  
 Hours required: 6  
 Hours per week: 1  
 Number of weeks: 6  
 Schedule: Tuesdays, 11:00am-Noon

Supervision

Interns who wish to gain experience in supervision are given the opportunity to supervise individual therapy work conducted by practicum students. Interns who participate in this elective are supervised by Staff.

Supervisor: Staff  
 Hours required: Varies

Hours per week: 2  
Number of weeks: Varies  
Schedule: Varies

### ***Didactics***

Interns participate in several ongoing seminars and conferences throughout the year.

#### **Behavioral Medicine**

A weekly seminar (September-June) covers the specifics of interviewing, assessing, and treating behavioral medicine patients with disorders such as headaches, musculoskeletal pain, hypertension, ulcers, tinnitus, insomnia, anxiety, and phobias. Trainees learn about the etiology and clinical presentation of such disorders and about appropriate treatment interventions.

#### **Day-Long Special Conferences**

A few times a year, workshops are offered at LAACC and other, local, VA facilities. Past workshops have covered the MCMI-III, Legal and Ethical Issues, Aging, Diversity, Evaluation of Malingering, Supervision, Dual Diagnosis, and the WAIS-III and WISC-III.

#### **Group Therapy Supervision and Substance Abuse**

This weekly seminar begins with group therapy supervision of trainees' experiences in LAACC groups (September-November), and then addresses issues important to substance abuse treatment (December to mid-February). Through group therapy supervision, issues such as process issues, structured group techniques, different treatment areas, co-therapist conflicts, ethical considerations are discussed. The segment on substance abuse covers various models of treatment, including relapse prevention, psycho-education, and interpersonal interventions. Conceptual models of addictive behavior will be covered as well as the physiological, psychological, and social effects of different substances.

#### **High Risk Conference**

This conference is devoted to case presentations of patients at risk for suicide or assault. This conference is designed to give clinicians a forum for consulting with each other about challenging clinical issues. Interns develop skills for handling difficult cases and learn about the interplay between legal, ethical, clinical, and risk management concerns. Each intern presents at least two prepared cases during the course of the year.

## **In-service**

Interns attend a monthly psychology in-service training meeting, which is attended by psychology staff and other mental health professionals. Invited speakers cover a range of subjects including psychotherapy, assessment, general professional issues, and ethics. Topics and speakers are arranged with the help of interns during the first weeks of the internship. Appendix II lists the training meetings held during the 2004-05 internship year. Each intern presents at one of these meetings, usually on a clinical case or current research

## **Legal/Ethical Issues**

Interns attend a weekly brown bag lunch in which legal and ethical issues are discussed in relation to California Law, the Ethics Code, and situations that arise in the course of clinical care.

## **Psychodiagnostic Assessment**

Trainees attend a weekly seminar designed to help them hone their testing skills. We cover all aspects of the testing process—from reading the referral to giving feedback to patients and the referral source when the evaluation is completed. We go over the background and operating characteristics of commonly-used assessment instruments (objective, projective, and neuropsychological screening), discuss test interpretation, integration of assessment results, and report writing.

## **PTSD**

Once a month, a seminar will be provided that will combine group supervision and didactic training in the area of PTSD. Students will discuss their individual clients and groups with PTSD related concerns and receive supervisory and peer input about conceptualization and treatment. Group supervision will generate the didactic topics to be presented and discussed.

## **Supervision**

This 8 week supervision seminar provides training for interns who will be supervising practicum students. The seminar covers models of supervision, important traits for supervisors, problematic supervisee-supervisor dynamics, and the legal and ethical issues that arise in the supervisory relationship. Interns who are supervising practicum students also receive weekly supervision from a pre-determined staff supervisor.

## **Time-Limited Psychotherapy**

In this weekly, hour-long seminar, interns receive training in Strupp and Binder's/Hanna Levenson's short-term dynamic therapy model. Didactic training is provided to introduce the approach. Interns also receive weekly group supervision to gain mastery in this model.

### ***Interns' Clientele and Caseload***

Patients seen by the psychology service staff and interns are referred by medical and mental health professionals within the clinic, other VA facilities, and professionals from the surrounding community. Interns have the opportunity to work with men and women patients who vary considerably in age (18-92) and ethnic background (e.g., African American, Hispanic, Asian, non-Hispanic White). In addition, patients present with a variety of acute and chronic medical concerns which may exacerbate their psychological problems.

### ***Intern Evaluation***

Interns are formally evaluated twice during the training year, once at mid-year and then again at the end of the training period. Evaluations are written with input from all supervisors. Interns receive a "narrative" evaluation which is sent to their graduate training program. They also receive a "numerical" evaluation in which they are rated as to their skill level for their essential clinical skills as well as the clinical abilities they demonstrate in the required and elective content programs. These "numerical" evaluations are not sent to the graduate institution, but remain within the intern's file. We also perform an informal evaluation at 3 months in which supervisors share their first impressions about the interns. This is written up, placed within the intern's file, and discussed individually with each intern. In addition, we solicit our trainees' feedback about the program informally on a monthly basis and more formally twice a year in order to respond to our intern's needs which arise each year. Twice each year we meet as an entire staff with the interns with the intern group to address such issues. Primary supervisors are evaluated anonymously and interns may choose to evaluate delegated supervisors in an anonymous fashion as well.

### ***Program Requirements***

We offer APA-approved internship training for advanced doctoral students. Interns must be attending APA-approved clinical or counseling psychology programs. VA rules require that interns have U.S. citizenship and that applicants be enrolled in a program that grants a doctoral degree. (Because of this, students seeking re-specialization certificates are not eligible.) Interns are typically in their fourth or fifth year of graduate study. They have training and experience in conducting psychotherapy and have already demonstrated proficiency with a variety of diagnostic assessment procedures.

The internship starts on Monday, August 18, 2008. Interns work full-time for a year and one day. The last official day of the internship is August 18, 2009. The interns' tour of duty is from 7:30am-4:00pm.

### ***Funding and Health Benefits***

Each of our internship positions is funded by the VA at \$25,067 for the year. Payment is on a bi-weekly basis. Federal employee benefits including health insurance, sick leave, and annual leave are available to interns. Free parking is also provided for interns.

**VA AMBULATORY CARE CENTER, LOS ANGELES, CA*****Application Deadline***

The Director of Training must receive completed applications (including all supporting documents) no later than November 15, 2007. Applicants who pass our initial application screening will be offered interviews for January. Since we strongly consider information from interviews in our selection process, we urge those applicants who are offered interviews to take advantage of them.

***Selection Date***

We are affiliated with the Association of Psychology Postdoctoral and Internship Centers (APPIC). 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.

***In Sum***

The predoctoral internship training program at the Los Angeles Ambulatory Care Center offers students an opportunity to learn comprehensive assessment and intervention skills in a community-based outpatient setting. Interns learn traditional and innovative psychological treatments in a multidisciplinary environment that fosters growth and intellectual development. Our philosophy of training is that students learn best through frequent observation of, and interaction with, a variety of staff in didactic seminars, supervision, and delivery of psychological services. Interns are treated as junior colleagues. Our overall goal is to help students develop the skills and confidence they need to practice outpatient psychology competently and ethically at the entry level for doctoral graduates.

## Appendix I

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### Psychology Staff



Carolyn Feigel



Carole Goguen



Sharon Jablon



Paul Lo



Kimberly Newsom



Francisco Nuñez



Deborah Owens



Leona Payton-Franklin  
Administrative Assistant



Debra Sobol



Susan Steinberg



Stephen Strack



Gary Wolfe



## Carolyn A. Feigel

- Education:** Ph.D., University of Southern California, 2003  
M.S.W., University of Southern California, 1997
- Internship:** VA Ambulatory Care Center, Los Angeles, CA, 2002-2003
- Work Experience:** Staff psychologist, LAACC, Los Angeles, CA, 2005-present. Postdoctoral Fellow, Harbor-UCLA Medical Center; Torrance, CA, 2003-2004; Pre-Intern, West Los Angeles VAMC, Los Angeles, CA, 1989-2000; Research Assistant, UCLA Neuropsychiatric Institute, Los Angeles, CA., 1998-1999; Social Work Intern, USC Counseling Center, Los Angeles, CA., 1996-1997; Social Work Intern, Fountain Valley Regional Hospital, Fountain Valley, CA., 1995-1996; Teaching Assistant, University of San Francisco, CA., 1995.
- Academic Affiliation:** Lecturer, Harbor UCLA Medical Center, Departments of Family Medicine, Psychiatry, and Psychology
- Licensure:** Psychologist: California, 2004- present
- Professional Organizations:** American Psychological Association; Western Psychological Association
- Recent Publications/Presentations:**
- Martin, D., & Feigel, C. (in press). HIV/AIDS and end of life: Therapist grief and growth. In R. Katz & T. Johnson (Eds.), *When the helping professional weeps: Emotional and countertransference issues in end of life care*. New York: Bruner-Routledge.
- Feigel, C., Newcomb, M., Levine, A., & Richardson, G. (2002). *Maternal HIV and caregiver burden*. Poster presented at the 110<sup>th</sup> Annual Convention of the American Psychological Association, Chicago.
- Feigel, C & Durvasula, R. S., (2000). *Self-efficacy, organizational level & medication adherence in HIV+ women*. Poster presented at the Western Psychological Association Annual Convention, Portland, OR.
- Feigel, C. & Durvasula, R. S. (1999). *Social desirability and self-report of adherence in HIV positive women*. Poster presented at the 107<sup>th</sup> Annual Convention of the American Psychological Association, Boston, MA.
- Clinical Position:** Post-Traumatic Clinical Team Staff Psychologist, VA-East Los Angeles Clinic
- Treatment Orientation:** Cognitive-behavioral, Psychodynamic
- Areas of Interest:** PTSD assessment and treatment; HIV treatment and medication adherence; end of life issues; neuropsychology; ethnic minority mental health

## VA AMBULATORY CARE CENTER, LOS ANGELES, CA

## Carole Goguen

Education: Psy.D., Pepperdine University, 1998

Internship: Patton State Hospital, Patton, CA 1997-1998.

Work Experience: Staff Psychologist, LAACC, Los Angeles, CA, 2001-Present; Associate Director For Research & Education, Executive Div., National Center for PTSD, White River Junction, VT, 1998-2000; Adjunct Faculty: Argosy University 2007-Present, Azusa Pacific University 2004-2005, Pepperdine University 2002, California State University, Los Angeles 1996.

Licensure: *Psychologist: California, 2001-present.*

Professional Organizations: International Society for Traumatic Stress Studies; American Psychological Association; American Psychology-Law Society; National Register of Health Service Providers in Psychology; Los Angeles County Psychological Association Disaster Response Committee Member.

Recent Publications/Presentations: Wood, J., Foy, D., Goguen, C., Pynoos, R., & James, C.B. (2002). Violence exposure and PTSD among delinquent girls. *Journal of Aggression, Maltreatment, and Trauma, Vol 6(1)*, 109-126.

Wood, Jenifer, Foy, David W, Goguen, Carole A, Pynoos, Robert, & James, C. Boyd. (2002). Violence exposure and PTSD among delinquent girls. In R. Greenwald (Ed), *Trauma and juvenile delinquency: Theory, research, and interventions*. (pp. 109-126). Binghamton, NY: Haworth Maltreatment and Trauma Press/The Haworth Press, Inc.

Goguen, C. A., & Friedman, M. J. (2000). Stress effects of the Korean conflict. In G. Fink (Ed.) *Encyclopedia of stress* (Vol. 2, pp. 595-597). San Diego, CA: Academic Press.

Foy, D. W., & Goguen, C. A. (1998). Community violence-related PTSD in children/adolescents. *PTSD Research Quarterly, 9(4)*, 1-6.

Jankowski, M. K., Descamps, M., Salyers, M., Mueser, K., & Goguen, C. A. (1999). *Treating PTSD in a woman with severe mental illness: Case presentation*. Paper presented at the meeting of the International Society for Traumatic Stress Studies, Miami, FL.

Clinical Position: Staff Psychologist: Mental Health Clinic, and Military Sexual Trauma/Women's Health Program

Treatment Orientation: Cognitive-behavioral

Interest Areas: Psychotherapy and research of PTSD and sexual trauma; forensic psychology; community violence; disaster mental health; existential psychology.

## Sharon Jablon

- Education:** Ph.D., California School of Professional Psychology, Los Angeles, CA, 1989.
- Internship:** VA Medical Center, Sepulveda, CA, 1987-88; University of California at Irvine Medical Center, 1986-87.
- Work Experience:** Staff Psychologist, LAACC, Los Angeles, CA, 1989-present; Founder & Director of PSYCHPREP Licensure Preparation, 1992-present; Training Consultant, Westside Hotline, 1987-1997; Teaching Assistant, California School of Professional Psychology, Los Angeles, 1985-87.
- Academic Affiliation:** Clinical professor, Fuller Graduate School of Psychology
- Licensure:** Psychologist: California, 1990-present.
- Professional Organizations:** American Psychological Association
- Recent Publications/Presentations:**
- Jablon, S.L., Sreenivasan, S.K., & Weinberger, L (2007, June). *Law and ethics for psychologists: some recent developments*. Six-hour CE workshop given at VA West Los Angeles Healthcare Center.
- Jablon, S.L. (2007, May). *Becoming a licensed psychologist: an informational workshop*. Presented at Alliant International University (AIU), Los Angeles.
- Jablon, S.L. (2007, May). *Mastering the Examination for Professional Practice in Psychology*. Two day licensure workshop conducted in Los Angeles.
- Jablon, S.L. (2006, February). *The California Psychology Supplemental Examination: A two-day workshop*. Two day licensure workshop conducted in Los Angeles.
- Jablon, S.L. (2005, August). *California law and the APA ethics code*. One day licensure workshop conducted in Los Angeles.
- Jablon, S.L., Naliboff, B.D., Gilmore, S.L., & Rosenthal, M.J. (1997). Effects of relaxation training on glucose tolerance and diabetic control in Type II diabetes. *Applied Psychophysiology and Biofeedback*. 22(3), 155-169.
- Clinical Position:** Staff Psychologist: Mental Health Clinic
- Treatment Orientation:** Psychodynamic (Object Relations)
- Interest Areas:** Depression, interpersonal issues, stress management, legal and ethical issues, psychodynamic psychotherapy, group therapy.

**VA AMBULATORY CARE CENTER, LOS ANGELES, CA**

**Paul C. Lo**

Education: Ph.D., Graduate School of Psychology, Fuller Theological Seminary, Pasadena, CA, 2001.

Internship: VA Ambulatory Care Center, Los Angeles, CA., 2000-2001.

Work Experience: Staff Psychologist, VA-LAACC, 2001-present; Assistant Director of Training, VA-LAACC, 2006-present; Private Practice, 2003-present.

Academic Affiliation: Clinical Assistant Professor, Fuller Graduate School of Psychology

Licensure: Psychologist: California, 2003-present.

Professional Organizations: American Psychological Association, Division of Public Service (Division 18), Division of Clinical Neuropsychology (Division 40), and Division of Addictions (Division 50); National Register of Health Service Providers in Psychology

Recent Publications/ Presentations: Lo, P.C. (2006). *Motivational interviewing: Helping patients along the change process*. Presentation to mental health staff at the Olive View-UCLA Medical Center, Los Angeles.

Lo, P.C. (2003). *An overview of the Matrix Model of substance abuse treatment*. Presentation to Substance Abuse Program staff at the U.S. Department of Veteran Affairs, Los Angeles Ambulatory Care Center, Los Angeles.

Lo, P. C. (2001). *Counseling ... What, Why, and How?* [Brochure]. Pasadena, CA: Pacific Clinics-Asian Pacific Family Center.

Lo, P.C. (2001). *Cognitive functioning in a homeless population with multiple traumatic brain injuries*. Presentation to Mental Health staff at The U.S. Department of Veterans Affairs, Los Angeles Ambulatory Care Center, Los Angeles, CA

Clinical Position: Staff Psychologist; Assistant Director of Training; Director, Alcohol and Substance Abuse Program (ASAP).

Treatment Orientation: Cognitive-behavioral, Psychodynamic

Interest Areas: Substance abuse treatment; PTSD & other anxiety disorders, neuropsychological assessment; spirituality and mental health; cross-cultural issues in psychotherapy; couples therapy

**Kimberly C. Newsom**

- Education:** Ph.D., University of Kentucky, 2004.
- Internship:** Wilford Hall Medical Center, Lackland Air Force Base, TX, 2001-02.
- Work Experience:** Staff Psychologist, LAACC, Los Angeles, CA, 2007-present.  
Mental Health Therapist, Spokane Public Schools, Spokane, WA, 2006-07.  
Clinical Psychologist/Chief, Life Skills Support Center, Fairchild Air Force Base, WA, 2004-06.  
Staff Psychologist, Life Skills Support Center, Fairchild Air Force Base, WA, 2002-04.  
School Psychologist, Fayette County Public Schools, Lexington, KY, 1998-01.  
Teaching Assistant, University of Kentucky Educational & Counseling Psychology Department, Lexington, KY, 1996-98.  
Elementary School Teacher, Ralph Waldo Emerson Elementary School, Compton Unified School District, CA, 1990-95.
- Professional Organization:** National Education Association
- Clinical Position:** Staff Psychologist; Women's Dual-Diagnosis Recovery Program
- Treatment Orientation:** Cognitive-behavioral
- Interest Areas:** Cognitive-behavioral therapies; women's issues; PTSD/trauma; children & adolescents

**VA AMBULATORY CARE CENTER, LOS ANGELES, CA****Francisco Nuñez**

Education: Ph.D., University of Southern California,  
Los Angeles, CA 1978.

Internship: VA Medical Center, West Los Angeles, CA, 1976-77.

Work Experience: Staff Psychologist, LAACC, 2000-present;  
Staff Psychologist, West LA VA Medical Center,  
Mental Hygiene Clinic, 1986-2000;  
Staff Psychologist, part-time,  
Gardena VA Community Clinic, 1997-2000;  
Staff Psychologist, East Los Angeles  
Neighborhood Health Clinic, 1979-1986;  
Ward Psychologist, VA Medical Center, Brentwood,  
Ward 210C, 1978-1979.

Academic  
Affiliation: Clinical professor, Fuller Graduate School of Psychology

Licensure: Psychologist: California, 1978-present.

Professional  
Organization: American Psychological Association

Clinical Position: Staff Psychologist, Day Treatment Center

Treatment  
Orientation: Cognitive-behavioral

Interest Areas: Cognitive-Behavioral and psycho-educational interventions  
with chronic psychiatric disorders.

## Deborah R. Owens

- Education: Ph.D., Kent State University  
Kent, OH, 1997.
- Internship: VA Medical Center, Long Beach, CA, 1996-1997.
- Work Experience: Staff Psychologist, LAACC & ELA-CBOC, Los Angeles, CA, 2000-present; Staff Psychologist, West Los Angeles VAMC, 2003-present; Private practice, Harbor Psychologists, 2003-present; Postdoctoral Fellowship, Harbor-UCLA Medical Center; Torrance, California, 1999-2000.
- Academic Affiliation: Clinical assistant professor, Fuller Graduate School of Psychology
- Licensure: Psychologist: California, 2001-present
- Recent Publications/  
Presentations: Owens, D. R., (March, 2000). *Working with dying patients: Dealing with death and the dying process*. Seminar presented at Harbor-UCLA Medical Center, Torrance, C.A.
- Lopez, I., Neal-Barnett, A. M., Owens, D. R. (August, 1996). *Body image and women of color*. Round table discussion at the American Psychological Association, Toronto, Canada.
- Borrego, J., Fruzzetti, A., Owens, D. R., & Rubio-Kuhnert, A. (November 19, 1995). *Major issues that face culturally diverse populations: What we as behavior therapists and researchers can do*. Panel discussion presented at the Association for Advancement of Behavior Therapy, Washington, DC.
- Neal, A., Owens, D. R., Stewart, E. (March 26, 1993). *Self-perception of Test Anxious African American Children*. Poster presented at the 60th Annual Society for Research in Child Development, New Orleans, LA.
- Clinical Position: Clinic Coordinator, East Los Angeles CBOC; Staff Psychologist: Day Treatment Center
- Treatment Orientation: Humanistic, Cognitive-Behavioral
- Interest Areas: HIV counseling; treatment of chronic psychiatric disorders.

**VA AMBULATORY CARE CENTER, LOS ANGELES, CA**

**Debra Anne Sobol**

Education: Ph.D., University of Southern California, 2000.

Internship: VA Ambulatory Care Center, Los Angeles, CA, 1999-2000.

Work Experience: Staff Psychologist, LAACC, Los Angeles, CA, 2000-present. Project Director, Families Utilizing Negotiation (FUN), University of Southern California, Los Angeles, 1997-1998; Program evaluator, Peacemaker Program, Los Angeles, CA., 1996-1997, Teaching Assistant, USC Counseling Psychology Program, Los Angeles, CA., 1995; Research Assistant, USC Institute for Health Promotion, Los Angeles, CA 1984-1988, Health Education Coordinator, USC Institute for Health Promotion, Los Angeles, CA 1980-1983.

Academic Affiliation: Clinical assistant professor, Fuller Graduate School of Psychology

Licensure: Psychologist: California, 2003-present

Professional Organizations: American Psychological Association; Los Angeles County Psychological Association; American Pain Society.

Recent Publications/Presentations: Stanton, S., Sobol, D. & Yakush, B. (2007). *Introducing a process group for couples with chronic illness: A pilot program in an outpatient VA clinic.* Paper presented at the meeting of the Society of Behavioral Medicine, Washington, D. C.

Sobol, D. F. (1998). *Partnering with schools: Project FUN, An adolescent parent conflict resolution training program.* Workshop presented to school and community personnel in Los Angeles middle schools, Los Angeles, CA.

Sobol, D.F., Rohrbach, L.A., Dent, C.W., Gleason, L. Brannon, B.R., Johnson, C.A. & Flay, B.R. ( 1989). The integrity of smoking prevention curriculum. *Health Education Research, 4 (1), 59-67.*

Sussman, S., Brannon, B. R., Flay, B. R., Gleason, L., Senior, S., Sobol, D. F., Hansen, W. B., & Johnson, C. A. (1986). The television school and family smoking prevention/cessation project. II. Formative evaluation of television segments by teenagers and parents-implications for parental involvement in drug education. *Health Education Research, 1 (3), 185-194.*

Clinical Position: Coordinator, Behavioral Medicine/Health Psychology

Treatment Orientation: Cognitive-behavioral, Psychodynamic

Interest Areas: Behavioral medicine; pain management; primary care/health psychology; conflict resolution; parenting education; multicultural issues.

## Susan Steinberg

- Education:** Ph.D., Clark University, 1989.
- Internship:** VA Medical Center, Palo Alto, CA, 1987-88.
- Work Experience:** Director of training, LAACC, Los Angeles, CA, 2001-present; Staff Psychologist, LAACC, 1990-present; Private practice, Los Angeles, CA, 1991-2002; Postdoctoral fellow, Department of Psychiatry, Harbor-UCLA Medical Center, 1989-90; Registered psychological assistant, Long Beach, CA, 1988-90; Research consultant, University of Massachusetts Medical Center, Worcester, MA, 1985-87; Teaching assistant, Clark University, 1984-85.
- Academic Affiliation:** Clinical professor, Fuller Graduate School of Psychology; Clinical associate professor, UCLA, 1993-2000.
- Licensure:** Psychologist: California, 1991-present.
- Professional Organizations:** American Psychological Association; Association for Women in Psychology; Association of VA Psychology Leaders.
- Recent/ Publications/ Presentations:**
- Shafranske, E., & Steinberg, S. (2006, June). *Current issues in clinical supervision*. Six-hour CE workshop given at the West Los Angeles VAMC .
- Siegel, R., Cole, E., & Steinberg-Oren, S. (2000). *Jewish mothers tell their stories: Acts of love and courage*. New York: Haworth Press.
- Kaser-Boyd, N. & Steinberg-Oren, S. (2000). Principles of interpretation. In T. Rose, N. Kaser-Boyd, & M. Maloney (Eds.), *Essentials of rorschach assessment* (pp. 110-137). New York: Wiley.
- Steinberg, S., & Graves, P. (1998, March). *Time-limited dynamic psychotherapy*. Six-hour CE workshop given at the California Psychological Association Annual Convention, Pasadena, CA.
- Moffett, L., Steinberg, S.L., & Rhode, R. (1996). Personality assessment of substance-dependent patients in a therapeutic community, *Journal of Substance Abuse Treatment*, 13 (2),127-134.
- Clinical Position:** Director of Training; psychodiagnostic assessment; TLDP
- Treatment Orientation:** Psychodynamic, Time-Limited Dynamic Psychotherapy, Mindfulness
- Interest Areas:** Rorschach assessment; brief psychodynamic therapy; the psychology of women; couple's therapy; mindfulness

**VA AMBULATORY CARE CENTER, LOS ANGELES, CA**

**Stephen Strack**

Education: Ph.D., University of Miami, 1983.

Internship: VA Medical Center, West Los Angeles, CA, 1982-83.

Work Experience: Staff psychologist, VA-LAACC, 1985-present; Assistant Director of Training, VA-LAACC, 2001-2006; Director of Training, VA-LAACC, 1993-1997; Staff psychologist, Los Angeles County Skid Row Project, 1984-85; Postdoctoral Intern, Alcoholism Rehabilitation Laboratory, VA Medical Center, Sepulveda, CA, 1983-84.

Academic Affiliation: Adjunct Professor, Alliant International University, CSPP, Los Angeles; Clinical Professor, Fuller Graduate School of Psychology, Pasadena, CA.

Licensure: Psychologist: California, 1985-present

Professional Organizations: Fellow, American Psychological Association; California Psychological Association; International Society for the Study of Personality Disorders; Executive Officer, Society for Interpersonal Theory and Research; Fellow, Society for Personality Assessment; Society for Research in Psychopathology; Western Psychological Association.

Recent Publications/  
Presentations:

Strack, S., & Millon, T. (2007). Invited essay: Contributions to the dimensional assessment of personality disorders using Millon's model and the *Millon Clinical Multiaxial Inventory (MCMI-III)*. *Journal of Personality Assessment*, *89*, 56-69.

Millon, T., Strack, S.N., Millon, C., & Grossman, S. (2006). *Millon College Counseling Inventory (MCCI) manual*. Minneapolis, MN: NCS Pearson.

Strack, S. (Ed.) (2006). *Differentiating normal and abnormal personality* (2nd ed.). New York: Springer.

Strack, S., & Kinder, B.N. (Eds.) (2006). *Pioneers of personality science*. New York: Springer.

Strack, S. (Ed.) (2005). *Handbook of personology and psychopathology*. Hoboken, NJ: Wiley.

Clinical Position: Coordinator, psychodiagnostic assessment; Staff psychologist: Mental Health Clinic and East Los Angeles CBOC.

Treatment Orientation: Interpersonal, Psychodynamic, Personological

Interest Areas: Normal and abnormal personality; MCMI-III; stress and coping; interpersonal and systems theory; death and dying

## Gary Wolfe

- Education: Ph.D., University of Texas at Austin, 1974.
- Internship: Los Angeles County/University of Southern California Medical Center, 1971-72.
- Work Experience: Associate Chief, Mental Health, GLA, 1998-present; Department Chair, Psychology, GLA, 1999-present; Professional Discipline Chair, SCSC, 1998-1999; Chief Psychologist, VA LAOPC, 1992-1998; Staff psychologist and Director of Internship Training, LAACC, Los Angeles, CA, 1982-92; Coordinator of Adult Direct Services, Department of Psychosocial Services, Kaiser-Permanente, San Diego, CA, 1980-82.
- Academic Affiliation: Clinical Professor, Fuller Graduate School of Psychology; Lecturer, University of California at Los Angeles School of Dentistry.
- Licensure: Psychologist: California, 1976-present
- Professional Organizations: American Psychological Association; California Psychological Association; American Association for the Advancement of Science, Association for Psychological Science, Association of VA Psychology Leaders.
- Recent Publications/Presentations: Bautista, J., Antaramian, J., & Wolfe, G.R. (2002, December). *The relationship of hypertension and celecoxib*. Paper presented at the Mid-year Convention, American Society of Healthcare Pharmacists, Atlanta, GA.
- Katz, R.C., Davidoff, M.N., & Wolfe, G.R. (2001). *Improving communication in Parkinson's disease* (4th ed.). Austin, TX: Pro-Ed.
- Stewart, J.E., Wolfe, G.R., Maeder, L., & Hartz, G.W. (1996). Changes in dental knowledge and self-efficacy scores following interventions to change oral hygiene behavior. *Patient Education and Counseling*, 27, 269-277.
- Wolfe, G.R., Stewart, J.E., Maeder, L.A., & Hartz, G.W. (1996). Changes in dental beliefs following oral hygiene interventions: Applications of the Dental Coping Belief Scale for measuring cognitive changes. *Community Dentistry and Oral Epidemiology*, 24, 37-41.
- Treatment Orientation: Cognitive-behavioral
- Interest Areas: Cognitive and behavioral therapies; health psychology; clinical neuropsychology; management and organizational psychology.



## **Appendix II**

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### Training Hours and Scheduling



## 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 65% of the training hours are spent in required programs and activities, with the remaining 35% 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	300
Supervision	300
<i>Electives</i>	702-722
<b>TOTAL</b>	<b>2080</b>

### *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

## VA AMBULATORY CARE CENTER, LOS ANGELES, CA

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 70% 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.

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.

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MONDAY:	PTSD/Professional Issues/Movie Book Club lunch 12:15pm-1:00pm In-service Training & High Risk Conference, 2:00pm-3:00pm
TUESDAY:	ELA PTSD Clinic 7:30am-4:00pm (4-month rotation)
WEDNESDAY:	Assessment Seminar, 8:00am-9:00am Mental Health Clinic Intake, 11:00am-1:00pm Group Therapy/Substance Abuse 2:00pm-3:00pm Time-Limited Dynamic Psychotherapy Seminar, 3:00pm-4:00pm
THURSDAY:	Behavioral Medicine Seminar/Intake, 8:00am- 10:00am  Behavioral Medicine Seminar and Supervision, 12:45pm-2:30pm
FRIDAY:	No routinely scheduled activities

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An example of a weekly intern schedule from 2006-07 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 6 psychotherapy patients (individuals and couples), 4 groups, and 2 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. To balance this out, they may have 4-5 psychotherapy patients instead. Your primary supervisor will help you to develop your caseload.

### *Fulfilling Required Program Hours*

Prospective interns often look through the brochure and 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 6 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*

Following is a weekly schedule for one of our 2003-04 interns during the last 4 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 rotations and so had extra time to schedule elective activities like Sexual Health, Smoking Cessation, and Clinical Research.

	Monday	Tuesday	Wednesday	Thursday	Friday
730	Prep notes/Appts	Prep notes/Appts	Prep notes/Appts	Prep notes/Appts	Prep notes/Appts
800	ASAP Intakes / Psych Testing / Report Writing Location: B138	Individual Therapy Location: B138	Assessment Seminar Location: Room 249	Behavioral Med Location: B249	Supervision w/ Dr. Strack Location: B255
830		Individual Therapy Location: B138	Individual Therapy Location: B138		Individual Therapy Location: B138
900	Notes/Reports Location: B138	Notes Location: B138	Individual Therapy Location: B138	In-service/High Risk Location: B249	Individual Therapy Location: B138
930	Sexual Health	Smoking Cessation Group w/ Dr. Wolfe	Mental Health Clinic Intake/Supervision Location: B249	Chronic Pain Group w/ Dr. Sobol	Notes Location: B138
1000		Lunch		Lunch	Lunch w/ Interns
1030		Support Lunch w/ Dr. Steinberg & Law/Ethics Location: B249			
1100	Psychosis Group w/ Dr. Strack Location: B249	ASAP Intakes/Psych Testing/Report Writing Location: B138	Lunch	Behavioral Med Seminar/Supervision Location: B249	ASAP Intakes / Psych Testing / Report Writing Location: B138
1130	Inservice/High Risk Location: B249		Seminars (ASAP, group, couples) Location: B249	Individual Therapy Location: B138	Clinical Research w/ Dr. Strack
1200	Supervision w/ primary Location: A465		Time Limited Dynamic Therapy Location: B249	Notes Location: B138	
1230					



## **Appendix III**

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In-service Training



**Partial Schedule of 2006-2007  
In-service Training Meetings**

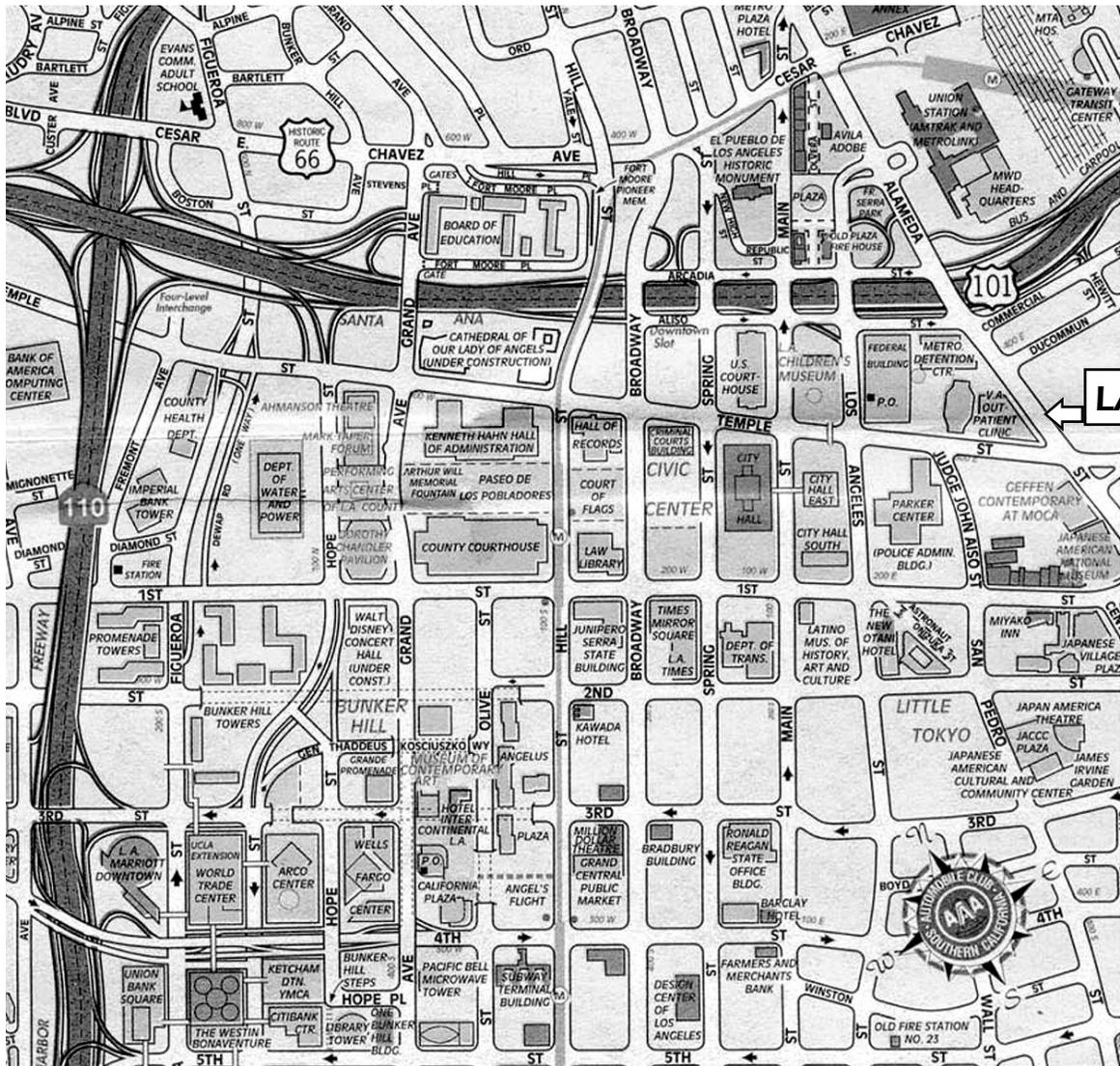
<u>Month</u>	<u>Topic</u>	<u>Speaker</u>
September	High Risk Conference Risk Assessment and Intervention	Stephen Strack, Ph.D. Sharon Jablon, Ph.D.
October	California Reporting Laws Medical Records and Confidentiality Planning Topics and Speakers	Sharon Jablon, Ph.D. Stephen Strack, Ph.D. Staff and interns
November	Life After Internship Psychopharmacology: Q & A	Greg Serpa, Psy.D. Bing Hsu, M.D.
December	The Challenges of Being Female in the VA	Naomi Himmelfarb, Ph.D.
January	High Risk Conference Forensic Psychology Careers and Issues	Staff and interns Jim Bernhardt, Ph.D.
February	Psychology and Quantum Physics Cognitive Aging and the Role of Processing Speed	Stephen Strack, Ph.D. Lisa Mitchell, M.A.
March	Program Evaluation Risk and Protective Factors for Suicide In Combat Veterans with Chronic PTSD	Staff and interns Nadia Damm, M.A.
April	Cognitive Behavioral Analysis System of Psychotherapy (CBASPP) What We Know and Don't Know about About our Patients	Lynne McFarr, Ph.D. Stephen Strack, Ph.D.
May	Building bridges between Internship and Private Practice The Construct Validity of Acceptance: A Multi-trait, Multi-Method investigation	Scott Symington, Ph.D. Dylan Kollman, M.A.
June	Issues in Termination Interpersonal Predictors of Stress Generation and Depressed Mood	Staff Nicole Eberhart, Ph.D.
July	Program Evaluation End of Year Celebration	Staff and interns Staff and interns

**All Day Conferences**

An Introduction to the MCMI-III (November 2006)  
Advances in Treatments for OEF/ OIF Veterans (December 2006)  
New Developments in the MMPI (April 2007)  
Legal and Ethical Issues in the Practice of Psychology (June 2007)



# Map of Downtown Los Angeles



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