VA Sepulveda Ambulatory Care Center
Psychology Postdoctoral Residency Programs in Clinical Psychology

VA Sepulveda Ambulatory Care Center
Alexis D. Kulick, Ph.D., ABPP/CN
Director of Psychology Training
Psychology Department (116B)
16111 Plummer Street
North Hills, CA. 91343
818-891-7711, extension 32734

Applications Due: December 27

http://www.losangeles.va.gov/trainee/

Postdoctoral Residency Positions:
The Sepulveda VA has 2 one-year, full-time Postdoctoral Residency positions in Clinical Psychology:

1. Substance Use Disorders/Posttraumatic Stress Disorder (SUD/PTSD)
2. Primary Care Mental Health Integration/Behavior Medicine (PCMHI/B-Med)

Accreditation Status:
The Postdoctoral Residency at the Sepulveda VA Ambulatory Care Center is not yet accredited by the Commission on Accreditation of the American Psychological Association. An accreditation application is in process. The two postdoctoral residencies have been accredited by the Association of Psychology Postdoctoral and Internship Centers (APPIC) since January, 2015.

Application Process:
Please submit the following documents via the APPA CAS website:
1. Cover letter summarizing educational, clinical, and research experiences relevant to the focus area, along with a description about residency goals and career goals, more generally
2. An autobiographical statement
3. An updated copy of your Curriculum Vitae
4. Three letters of recommendation
5. Letter from your internship training director verifying on-track completion of internship
   o If Internship TD is writing one of your reference letters, please ask him/her to verify on-time completion of internship.
6. A letter from your dissertation advisor verifying you are expected to complete or have already completed your dissertation by the end of your internship. This letter should also indicate that your doctoral degree has been, or will be, completed before the start of the residency
7. Graduate Transcript

Questions regarding the residency can be directed to:
Alexis Kulick, Ph.D., ABPP,
Director of Psychology Training
Email: Alexis.Kulick@va.gov
Phone: 818-891-7711 x32734
Residency Program Admissions:

Eligibility:
To be considered for our postdoctoral training program, an applicant must have completed all of the requirements for the doctoral degree, including internship and dissertation. The Department of Veterans Affairs requires that the applicant’s doctoral degree and internship be completed at programs accredited by the American Psychological Association (APA) or by the Canadian Psychological Association (CPA).

Other VA-wide eligibility requirements include:
1. U.S. citizenship. VA is unable to consider applications from anyone who is not currently a U.S. citizen. Verification of citizenship is required following selection. All interns and Residents must complete a Certification of Citizenship in the United States prior to beginning VA training.
2. A male applicant born after 12/31/1959 must have registered for the draft by age 26 to be eligible for any US government employment, including selection as a paid VA trainee. Male applicants must sign a pre-appointment Certification Statement for Selective Service Registration before they can be processed into a training program. Exceptions can be granted only by the US Office of Personnel Management; exceptions are very rarely granted.
3. Interns and Residents are subject to fingerprinting and background checks. Match result and selection decisions are contingent on passing these screens.
4. VA conducts drug screening exams on randomly selected personnel as well as new employees. Interns and Residents are not required to be tested prior to beginning work, but once on staff they are subject to random selection for testing as are other employees.

For more information, please see: http://www.psychologytraining.va.gov/eligibility.asp

The Sepulveda VA has 2 one-year, full-time Postdoctoral Residency positions in Clinical Psychology:

1. Substance Use Disorders/Posttraumatic Stress Disorder (SUD/PTSD)
2. Primary Care Mental Health Integration/Behavior Medicine (PCMHI/B-Med)

We are seeking applicants who have strong skills in intervention, assessment, consultation, program development, and program evaluation activities. Applicants should also possess the personal characteristics necessary to function well as a doctoral-level professional in a medical center and as an integral member of several interprofessional teams. Our selection criteria specifically focus on background training and experience as well as future career aspirations. We seek the best fit between applicants and our training program.

Applications are reviewed by the Director of Psychology Training in addition to one of the supervisors in the different emphasis areas. Following this review, highly ranked applicants are asked to participate in interviews, which may be either in-person or via telephone. After the interview process is complete, the selection committee ranks the applicants and offers are extended, abiding by the APPIC Uniform Notification Date guidelines. When applicants are no longer under consideration, we strive to notify them as soon as possible.

The Postdoctoral Residency program is not yet accredited by the Commission on Accreditation of the American Psychological Association. We are in the process of applying for accreditation. Inquiries regarding the accreditation of our Residency program may be directed to:

Office of Program Consultation and Accreditation
American Psychological Association
750 First Street, NE
## Financial and Other Benefit Support for Upcoming Training Year*

<table>
<thead>
<tr>
<th>Benefit Type</th>
<th>Quantity/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Stipend/Salary for Full-Time Residents:</td>
<td>$47,231</td>
</tr>
<tr>
<td>Annual Stipend/Salary for Part-Time Residents:</td>
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</tr>
<tr>
<td>Program provides access to medical insurance for intern?</td>
<td>YES</td>
</tr>
<tr>
<td>Trainee contribution to cost required?</td>
<td>YES</td>
</tr>
<tr>
<td>Coverage of family member(s) available?</td>
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</tr>
<tr>
<td>Coverage of legally married partner available?</td>
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</tr>
<tr>
<td>Hours of Annual Paid Personal Time Off</td>
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<tr>
<td>-4 hours accrued every two weeks</td>
<td></td>
</tr>
<tr>
<td>Hours of Annual Paid Sick Leave</td>
<td>104</td>
</tr>
<tr>
<td>-4 hours accrued every two weeks</td>
<td></td>
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<tr>
<td>In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to Interns/residents in excess of personal time off and sick leave?</td>
<td>YES</td>
</tr>
<tr>
<td>Hours of Federal Holiday Leave</td>
<td>80</td>
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<tr>
<td>Hours of Education Leave/Authorized Absence</td>
<td>40</td>
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</table>

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

Residency Cohort from 2014-2015 to 2016-2017

Total # of residents who were in the 3 cohorts 5
Total # of residents who remain in training in the residency program 2

<table>
<thead>
<tr>
<th>Setting</th>
<th>PD</th>
<th>EP</th>
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<tbody>
<tr>
<td>Community mental health center</td>
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<tr>
<td>Federally qualified health center</td>
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<tr>
<td>Independent primary care facility/clinic</td>
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<tr>
<td>University counseling center</td>
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<td></td>
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<tr>
<td>Veterans Affairs medical center</td>
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<tr>
<td>Military health center</td>
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<tr>
<td>Academic health center</td>
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<tr>
<td>Other medical center or hospital</td>
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<tr>
<td>Psychiatric hospital</td>
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<tr>
<td>Academic university/department</td>
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<tr>
<td>Community college or other teaching setting</td>
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<tr>
<td>Independent research institution</td>
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<tr>
<td>Correctional facility</td>
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<tr>
<td>School district/system</td>
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<td></td>
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<tr>
<td>Independent practice setting</td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>

Not currently employed
Changed to another field
Other
Unknown

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

Psychology Setting

The VA Greater Los Angeles Healthcare System (GLA) is the largest integrated healthcare system within the Department of Veterans Affairs. It is one component of the VA Desert Pacific Healthcare Network (VISN 22) offering services to Veterans residing in Southern California and Southern Nevada. GLA consists of three ambulatory care centers, a tertiary care facility, and 10 community-based outpatient clinics. It provides comprehensive care to Veterans in five counties in Southern California, covering a geographic area 240 miles north to south and 80 miles east to west. GLA provides comprehensive ambulatory and tertiary care to Veterans in five counties in Southern California, with 964 beds, over 5,000 employees and an annual operating budget of over $900 million.

GLA provides medical and mental health services to over 1.4 million Veterans who reside in the primary service area, including Los Angeles County, which has the largest concentration of Veterans of any county in the United States. It provides a full spectrum of primary and tertiary inpatient and ambulatory care services, including acute, sub-acute, rehabilitation, extended care, mental health services, and home healthcare. GLA is one of 23 national Polytrauma Network Sites (PNS) that serve Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn (OEF/OIF/OND) Veterans with complex medical and psychological injuries, including traumatic brain injury. GLA’s Homeless Program has been designated as a Homeless Program Center of Excellence. Mental health diagnoses account for four of the top 10 diagnostic groups treated at GLA. The Mental Health programs at GLA served more than 30,000 patients, with over 453,000 patient visits in fiscal year (FY) 2014.
At GLA there are more than 270 investigators conducting over 690 research projects in all areas of medical and mental health, with total expenditures of $49 million in 2012. GLA has numerous VA and NIH funded Clinical Research Centers including: The VA Geriatric Research, Education and Clinical Center (GRECC); the VISN 22 Mental Illness Research, Education and Clinical Center (MIRECC); the Parkinson's Disease Research, Education and Clinical Center (PADRECC); the VA Health Services Research Center of Excellence for the Study of Provider Behavior; the Center for Ulcer Research and Education (CURE), a VA/UCLA Consortium for gastrointestinal research; and the VA/UCLA Center for the Neurobiology of Stress.

GLA is a designated Center of Innovation for the national Office of Patient Centered Care and Healthcare Transformation. Our Integrative Health and Healing Center offers a wide variety of clinical programs for Veterans and staff. Psychologists have a leading role in designing evidence-based integrative modalities of care, training interprofessional staff to provide these interventions, and in conducting both quality improvement and funded research into integrative care outcomes. Some of the modalities include mindfulness-based interventions, Tai Chi, yoga, and introductory courses for integrative self-management practices. GLA has a fully developed Mindfulness Based Stress Reduction program (MBSR) for staff and Veterans with ongoing retreat practice for our Veteran graduates. To find out more about GLA, please go to [http://www.losangeles.va.gov/index.asp](http://www.losangeles.va.gov/index.asp).

GLA directs the Department of Veterans Affairs’ largest educational enterprise and serves as a major training site for medical residencies sponsored by the UCLA David Geffen School of Medicine and USC School of Medicine as well as Advanced Practice Nursing Programs sponsored by local universities. GLA is affiliated with over 45 colleges, universities, and vocational schools in 17 different medical, nursing, paramedical, and administrative programs. Over 500 University residents, interns, and students are trained at GLA each year, and the institution sponsors 16 medical residencies and numerous associated health residencies in dentistry, podiatry, optometry, pharmacy, clinical psychology and dietetics. GLA’s educational budget is in excess of $30 million dollars.

The Sepulveda Ambulatory Care Center (SACC), located in the San Fernando Valley of Los Angeles, is part of the VA Greater Los Angeles Healthcare System. SACC is the major outpatient facility charged with caring for the Veterans living in Northern Los Angeles. Following the earthquake in 1994, Sepulveda redefined its mission and has become a comprehensive ambulatory care, education, and research facility. There is also a 40-bed academic nursing home care unit on the campus. SACC offers a comprehensive array of services that supports the primary care program. These services include a wide spectrum of on-site ambulatory care activities for internal medicine, neurology, and specialty ambulatory surgery services, comprehensive psychiatry and psychology services, including alcohol and substance abuse treatment, dentistry, social services, rehabilitation medicine, audiology, speech pathology, prosthetics services, and comprehensive homeless services. In addition, the Center is recognized for special programs, including Geriatric Research, Education and Clinical Care Program (GRECC) and the Women’s Health Program. SACC is unique for its expertise in primary, managed care education and is a site for national VA PRIME medical residents and associate health trainees. Sepulveda’s strong academic affiliation with UCLA Schools of Medicine, Dentistry and Nursing assures a progressive, high-quality healthcare environment.

SACC has a rich tradition of innovation in healthcare delivery and interdisciplinary collaboration. From an old-style traditional VA Medical Center, we have emerged as a facility in tune with the health care delivery context of today, featuring a focus on outpatient treatment. Psychology is an independent discipline, but a fully integrated and respected component of the overall mental health and medical services. Residents work closely with team members from a variety of disciplines in their clinical placements. Residents take an increasingly autonomous role in clinical teams throughout the year and are encouraged to reflect on their professional roles as a significant part of their personal and professional development.

As a teaching facility, education and training are prominent at SACC. Most members of the medical staff hold clinical and/or academic appointments at UCLA or other academic institutions. While our program’s mission is to train psychology pre-interns, interns, and Residents to become competent clinicians,
research is a significant part of the facility's overall mission. Research projects, including Quality Improvement (QI) activities can be, and often are, adjuncts to trainees' clinical experiences.

The Psychology Department at the VA Sepulveda Ambulatory Care Center has a strong commitment to and long history of providing training. Dr. Alexis Kulick oversees our highly competitive (~145 applications annually) doctoral internship program. This program has been accredited by the American Psychological Association since 1979. Almost all of our 13 full-time and one part-time Psychology Department staff are involved in training. Our psychology internship program at the Sepulveda VA is a generalist program based on the practitioner-scientist model of training and provides one-year, full-time, clinical training to six doctoral interns. In addition, the training program selects 3-6 practicum students each year, all of whom receive at least nine months of supervised training in different clinical rotations. Postdoctoral residents will have a chance to provide layered supervision to our junior trainees. All clinical supervisors in the residency, internship, and practicum program are licensed clinical psychologists and complete biennial training and education in clinical supervision as mandated by the California Board of Psychology.

**Training Aims, Model, and Program Philosophy**

The aim of the Postdoctoral Residency Training Program is to promote advanced competencies necessary for the independent practice of psychology in healthcare settings specializing in the assessment and treatment of patients with behavioral and mental health problems. One program provides in-depth training in the assessment and treatment of Addictive Behaviors and PTSD while the other program focuses on Mental Health Integration in medical settings. The VA Sepulveda Psychology training program offers breadth of training through supervised patient care and didactics. Our developmental training model takes into consideration that postdoctoral residents arrive with varying degrees of experience. We strive to build upon baseline skills and competency benchmarks acquired during the doctoral internship year. Thus, over the course of the postdoctoral year, the resident will be granted more autonomy and responsibility in an organized and developmentally-sensitive sequence.

Our residency program is based on the practitioner-scientist model of training. Our program emphasizes the application of current scientific knowledge to the professional delivery of services. This emphasis is reflected in the content of training experiences, which include training in evidence-based practices (e.g., ACT, CPT, PE, Seeking Safety, MI, CBT-I, IRT, etc.), participation in quality improvement projects, and didactics offered through the VA. At the completion of training, our residents are expected to be prepared to successfully obtain licensure and to function as competent, entry-level psychologists.

**Program Goals and Objectives**

Postdoctoral residency training focuses on the nine Profession-Wide Competencies, and residents are expected to obtain proficiency in these areas:

1. Integration of Science and Practice
2. Ethical and legal standards
3. Individual and cultural diversity
4. Professional values and attitudes
5. Communication and interpersonal skills
6. Assessment
7. Intervention
8. Supervision
9. Consultation and interprofessional/interdisciplinary skills

The Psychology resident will be formally evaluated on these nine areas of competence at the mid-year and end-of-year points of the residency with formal, written competency-based evaluations by primary and delegated supervisors. These evaluations are designed to encourage communication, identify strengths and weaknesses, and set goals for training. There will also be ongoing, informal evaluation and feedback to ensure open communication and to facilitate a collaborative learning environment for the
Finally, the resident will be asked to evaluate his/her supervisors at each evaluation period to solicit feedback and suggestions for program improvement purposes.

Our residency program values cultural and individual diversity. We strongly encourage qualified candidates from all backgrounds to apply. It is the policy of the VA Greater Los Angeles Healthcare System to provide equal opportunity in employment for all qualified applicants, and prohibit discrimination based on race, color, religion, sex, national origin, age, sexual orientation, or status as a parent.

**POSTDOCTORAL RESIDENCY IN SUD/PTSD:**

**Program Structure**

Training for the psychology resident will be focused primarily in the Addictive Behaviors Clinic (ABC) and Trauma Recovery Services (TRS).

The [Addictive Behaviors Clinic (ABC)](https://www.va.gov/medcenter/about/services/abc/) offers an Intensive Outpatient Program (IOP) to male and female Veterans, ages 20 to 80, who misuse alcohol, heroin, cocaine, amphetamines, and/or other substances. Most patients have comorbid psychological problems. Patients in the IOP are required to commit to a minimum of 16 weeks of 3 days/week treatment and many continue in aftercare treatment for a year or longer. Therapeutic interventions are recovery oriented and include evidence-based treatment of early recovery and relapse prevention skills through the Matrix model of treatment, as well as DBT skills-based emotions management groups and CBT skills-based groups. Veterans develop a network of community and support.

In ABC, the resident will participate as a junior colleague. He/She will conduct assessments, lead psychoeducation groups, lead small and large therapy groups, administer and interpret psychological testing, and conduct individual psychotherapy while working within an interprofessional team to make both administrative and treatment decisions. The resident will be encouraged to teach and to model adaptive behaviors, including self-awareness, boundary management, and emotion regulation skills. The resident may participate in PTSD/SUD empirically-validated, harm-reduction treatment groups based on Lisa Najavits' Seeking Safety workbook. Further, the resident may facilitate a Healthy Habits group, which is an empirically supported, harm-reduction treatment group based on the stages-of-change model. These groups allow for contrast from the abstinence-based/disease model component of training, giving the resident a chance to learn how to match treatment approaches with patient needs.

The treatment team is drawn from various disciplines, including psychology, psychiatry, social work, nursing, peer support, and recreation therapy. Learning to coordinate interdisciplinary care will be an important focus of training in the clinic. The resident will be encouraged to develop and to model effective staff interactions, which patients can utilize as a model to improve their own peer relationships.

The mission of [Trauma Recovery Services (TRS)](https://www.va.gov/medcenter/about/services/trs/) is to provide assessment and evidence-based treatment to Veterans who have been diagnosed with PTSD.

The primary goal of TRS is to coordinate comprehensive clinical services for Veterans who have been diagnosed with PTSD. This includes the following objectives:

1. To ensure an accurate diagnosis of PTSD in order to ensure connection to the most appropriate treatment (outlined by VA/DoD Clinical Practice Guidelines [CPG]).
2. To develop individualized treatment plans based upon a diagnostic assessment and with Veteran feedback.
3. To provide evidence-based psychotherapy or psychopharmacology.
4. To provide treatment when there is co-occurrence with substance-use disorders.
5. To provide symptom-specific management interventions (i.e., chronic pain, insomnia, or anxiety).
6. To facilitate connection to community resources and alternative care modalities, as appropriate.
7. To train practitioners and trainees in the diagnosis and treatment of Veterans with PTSD.
8. To establish an interprofessional team of qualified staff, both clinical and administrative, to support the delivery of services.

Veterans are assessed with a thorough diagnostic testing (e.g., CAPS, trauma interview) to establish an accurate diagnosis. Through this process, the Veteran will either be found to be appropriate for TRS, and a treatment plan will be collaboratively developed with the Veteran, or the Veteran will be referred to more appropriate care (e.g., back to referring provider, higher level of care, etc.). Veterans with military and non-military trauma, including sexual trauma, will be eligible to participate in TRS.

Once a diagnosis of PTSD has been established by the TRS team, the Veteran will be enrolled in the treatment phase. Treatment may include stabilization, with a focus on helping the Veteran obtain greater coping skills and symptom-specific management (e.g., anger management, stress management, CBT-I, CBT, or relaxation). Programming may also include psychoeducational groups and substance use programming (e.g., Seeking Safety). According to VA/DoD CPG, treatment options for PTSD should include, “evidence-based psychotherapy and/or evidence-based pharmacotherapy … as first-line treatment options, specialized PTSD psychotherapies may be augmented by additional problem-specific methods/services and pharmacotherapy, [and] consider referral for alternative care modalities” (p. 38). The core aspect of TRS will be trauma-focused work. This will be completed in several ways. CPT and PE will be offered, in accordance with UMHS.

As a part of TRS, the resident will function as a junior colleague. He/she will conduct assessments, lead groups, provide individual psychotherapy, and participate as part of an interprofessional team. Groups include a WWII/Korean War process group, CPT group, and an Anger Management Skills group.

Throughout the year, it is expected that the resident will provide supervision to junior trainees and engage in both program development and program evaluation activities.

Optional Training Experiences include:
1. Development and implementation of SUD and/or PTSD services in the Women’s Clinic, such as running a Seeking Safety Group or providing individual services.
2. The resident is encouraged to review the services offered in other clinics and may participate in any of our ongoing groups if it fits in the resident’s schedule.
3. Assistance in facilitating the Psychology Training Seminar, which provides weekly didactic instruction on diverse issues relevant to the practice of psychology. Topics covered include, diversity, preparing for post-docs and licensure, military culture, boundary issues, and other professional issues. These topics are intended to complement the clinical training activities during the training year. Postdocs are required to make at least one presentation during the year in addition to facilitating the seminar.
4. SACC provides telemental health services to six CBOCs. The resident may have the opportunity to learn and implement skills in the delivery of rural mental health care using telemental health technology, which will lead to increased Veteran access to quality healthcare for the treatment of SUD and PTSD.

Supervisors:
Alex Barrad, Psy.D.
Melissa Lewis, Ph.D.
Shana Spangler, Psy.D.
POSTDOCTORAL RESIDENCY IN PCMHI/B-MED:

Training for the psychology resident will be focused primarily in the Primary Care Mental Health Integration (PCMHI) Clinic, the Home-Based Primary Care (HBPC) Program, and the Behavioral Sleep Medicine (BSM) Program

PCMHI: SACC was an early adopter of Primary Care Mental Health Integration (PCMHI), and has consistently performed above national goals for mental health visits within primary care. We have "co-located" mental health providers in primary care spaces making SACC an ideal site for PCMHI training. The resident will be engaging in co-located collaborative care on an interprofessional primary care team, providing initial assessments to patients presenting with a wide variety of issues who may be experiencing their first contact with mental health services. Residents will have the opportunity to conduct intake interviews, to provide short-term interventions, and to consult with other providers in the primary care setting. Interns will also be involved in conducting groups and will be responsible for providing patients with psychoeducation, coping skills, and/or facilitating patients' involvement in the next step of their mental health treatment.

The resident will work closely with supervising psychologists to deliver brief interventions and to provide consultation services within an interprofessional team. Treatment approaches emphasize evidence-based modalities, including: mindfulness, Biofeedback, MI, ACT, CBT as well as integrative health and healing (IHH) modalities, such as progressive muscle relaxation, breathing retraining, guided imagery, mindful meditation, and yoga.

HBPC: The VA HBPC program provides comprehensive, interdisciplinary primary care services in the homes of Veterans with complex and chronic, disabling diseases. HBPC began as a pilot project at six facilities in 1970 and became an established program in 1972. The HBPC model targets persons with complex, chronic, and progressive diseases and provides interprofessional care that is longitudinal and comprehensive, rather than episodic and focused. HBPC provides cost-effective home-based primary care services, palliative care, mental health care, rehabilitation, disease management, and coordination of care. HBPC teams typically include representatives from such disciplines as medicine, mental health, nursing, pharmacy, social work, psychology, rehabilitation, and dietetics.

HBPC targets primarily the following types of patients in need of home care:

1. Longitudinal care patients with chronic, progressive, and complex medical, social, and behavioral conditions, particularly those at high risk of hospital, nursing home, or recurrent emergency care.
2. Longitudinal care patients who require palliative care for an advanced disease that is life limiting and refractory to disease-modifying treatment.
3. Patients whose home-care needs are expected to be of short durations or for a focused problem.

The postdoctoral resident will provide a full range of psychological services to patients and their families, including screening, psychological, cognitive, and capacity assessments, psychotherapy, and prevention-oriented services. Mental health treatment and prevention-oriented services will emphasize evidence-based and best practice approaches. The resident will also provide evidence-based interventions to help patients manage behavioral factors associated with health problems and to promote medical compliance. The resident will collaborate with HBPC staff and other specialty clinics to provide optimal care for the Veteran and the Veteran’s family. The resident will initially conduct visits with the supervising HBPC psychologist, assuming graduated levels of responsibility across the training year.

BSM: The comprehensive BSM program is located within the AASM Accredited Sleep Medicine Center as part of comprehensive patient-centered care for sleep disorders. The resident will work closely with the supervising psychologists to deliver evidence-based treatments including CBT-I, chronotherapy, supervised hypnotic taper, treatment of nightmare disorder, and behavioral/MI-based programs for sleep apnea patients. The supervisor is a Board-Certified BSM Specialist, is VA Credentialed in CBT-I and has advanced training in geriatrics, MI, and Acceptance and Commitment Therapy (ACT).
Supervisors:
Falguni Chauhan, Ph.D.
Sarah Duman, Ph.D.
Jennifer Martin, Ph.D.
Aleksey Zvinyatskovskiy, Ph.D.

Didactics:
Evidence-Based Practice Seminar – weekly 90-minute seminar attended by interns and the SUD/PTSD resident focusing on learning and implementing evidence-based therapy modalities for the treatment of trauma – CPT and PE. The resident may also be responsible for teaching particular elements of the treatment modalities and may offer group consultation to interns.

Journal Club – monthly, 60-minute journal club at the Sepulveda VA, attended by all Sepulveda Psychology Postdoctoral Residents (SUD/PTSD, PCMHI/B-Med, Women’s Health and GRECC, as appropriate). Residents are expected to circulate an article of interest and direct a discussion of the article, including a brief summary, discussion of why it is important or clinically relevant, discussion of the findings/results, and methodological considerations that should be noted. The Journal Club is facilitated by all postdoctoral residency supervisors on a rotating basis.

Psychology Training Seminar – weekly, 60-minute didactics on a broad range of issues, attended by interns and residents at the Sepulveda VA. Speakers are different each week. Topics include: Laws and Ethics, Research, Supervision, Diversity Issues in the Practice of Psychology, Licensure Preparation, Evidence-Based Psychotherapy in the VA, Military Culture, Wellness/Self Care, etc.

Psychiatry Grand Rounds (optional) – weekly, 75-minute rounds attended by all SACC Mental Health providers, including psychiatrists, residents, psychologists, interns, social workers, and nurses. Speakers and topics vary each week.

Bi-Annual Psychology Workshops - the GLA Psychology Department sponsors all-day Continuing Education Programs. Topics typically include Law and Ethics; Supervision; and other topics of interest, such as the use of telehealth technology in the provision of psychological services, MMPI-2 SF, Mindfulness Meditation, etc.

Facility and Training Resources
The resident will be provided with office space and computers necessary for patient care and administrative responsibilities. He/She will have full access to VA Medical Library services, the UCLA Biomedical Library, as well as VA Intranet and internet resources for clinical and research work. We have a comprehensive Psychology Assessment Lab, which includes a wide variety of psychological assessment instruments and scoring programs.

Administrative Policies and Procedures
Due Process – All trainees are afforded the right to due process in matters of problematic behavior and grievances. A copy of our due process policy is available upon request.

Privacy policy: we will collect no personal information about you when you visit our website.

Self-Disclosure: We do not require residents to disclose personal information to the program administrators or clinical supervisors, except in cases where personal issues may be adversely affecting the residents' performance and such information is necessary to address any difficulties.
TRAINING STAFF

Barrad, Alex, Psy.D.
Training Roles: Supervisor, Co-Leader of Evidence-Based Practice Seminar (PTSD)
Rotation: Trauma Recovery Services, Addictive Behaviors Clinic
Undergraduate Program: University of California, San Diego, 2007
Doctoral Program: PGSP-Stanford Psy.D. Consortium (Clinical), 2013
Pre-doctoral Internship: VA Sepulveda Ambulatory Care Center, 2012-2013
Postdoctoral Fellowship: VA Loma Linda Healthcare System (Trauma), 2013-2014
Areas of Interest: Substance Use Disorders, Posttraumatic Stress Disorder, Acceptance and Commitment Therapy (ACT), Evidence-Based Treatments
Certifications: VA Acceptance and Commitment Therapy Provider
Orientation: Cognitive-Behavioral, Integrative

Burgoyne, Marissa, Psy.D.
Training Roles: Supervisor, Acting Associate Chief of Psychology, SACC
Rotation: Women's Health Clinic
Undergraduate Program: Brown University, 1994
Graduate Program: Pepperdine University, M.A. 2006
Doctoral Program: Pepperdine University (Clinical), 2011
Pre-doctoral Internship: VA Loma Linda, 2010-2011
Academic Affiliations: Adjunct Professor, Pepperdine University
Areas of Interest: Women's Health, Posttraumatic Stress Disorder, Anxiety Disorders, Readjustment issues Among Student Veterans, Development and Implementation of Group Interventions, Evidence-Based Practice, Individual and Group Therapy.
Orientation: Cognitive-Behavioral

Chauhan, Falguni, Ph.D.
Training Roles: Director of Practicum Training; Supervisor; Leader of Couples/Family Seminar
Rotation: Health Psychology: Geriatrics
Undergraduate Program: University of California Irvine, 1992
Graduate Program: Boston University, M.A., 1995
Doctoral Program: University of Houston (Counseling), 2007
Pre-doctoral Internship: VA Sepulveda Ambulatory Care Center, 2006-2007
Areas of Interest: Geropsychology, Home Based Primary Care, Neuropsychology, Dementia, Alzheimer's Disease, Multiple Sclerosis, Posttraumatic Stress Disorder, TBI, Family Therapy, Caregiver Stress, Individual and Group Therapy.
Certifications: Certified VA Integrative Behavioral Couples Therapy (IBCT) and Cognitive-Behavioral Therapy for Insomnia (CBT-I) Provider
Orientation: Eclectic/Integrative

DeLeeuw, Charles E., Ph.D.
Training Roles: Supervisor, Facilitator of Evidence-Based Practice Seminar II
Rotation: Mental Health Recovery and Intensive Treatment
Undergraduate Program: Hope College, 2005
Graduate Program: Fuller Graduate School of Psychology, MA, 2007
Doctoral Program: Fuller Graduate School of Psychology (Clinical), 2011
Pre-doctoral Internship: Pacific Clinics, Arroyo FSP, 2010-2011
Areas of Interest: Acceptance and Commitment Therapy, psychoanalytic theory and practice
Certifications: VA Acceptance and Commitment Therapy (for Depression) Consultant
Orientation: Third Wave CBT
Duman, Sarah, Ph.D., BCB
Training Roles: Supervisor, Co-Director of Anxiety Disorder Clinic
Rotation: Health Psychology: Behavioral Medicine & Primary Care Mental Health Integration
Undergraduate Program: Yale University, 2000
Graduate Program: USC Clinical Science, M.A. 2005
Doctoral Program: USC Clinical Science (Clinical), 2010
Predoctoral Internship: VA Sepulveda Ambulatory Care Center, 2009-2010
Postdoctoral Residency: Women's Health, UCLA/VA Greater Los Angeles, 2011-2012
Academic Affiliations: Clinical Instructor, David Geffen School of Medicine at UCLA
Areas of Interest: Health Psychology, Integrative Medicine, Mindfulness, Biofeedback, Psychology in Medical Setting, Evidence Based Treatments, Women Veterans, Individual and Group Therapy.
Certifications: Board Certified in Biofeedback, iRest Yoga Nidra Level I teacher, VA CALM Mindfulness Facilitator, VA CALM Self-Compassion Facilitator
Orientation: Cognitive Behavioral, Third Wave, Integrative

Ganzell, Steven, Ph.D.
Training Roles: Co-leader of Supervision of Supervision
Rotation: N/A
Undergraduate Program: Brigham Young University, 1981
Doctoral Program: Brigham Young University (Clinical), 1987
Predoctoral Internship: VA Los Angeles Outpatient Clinic 1985-1986
Postdoctoral Residency: UCLA Neuropsychiatric Institute Department of Neuropsychology 1986-1991
Academic Affiliations: Assistant Professor, Psychiatry and Behavioral Sciences, UCLA Neuropsychiatric Institute; Faculty, Residency in Neuropsychology, UCLA School of Medicine; Faculty, Residency Geriatric Psychiatry/Psychology, UCLA School of Medicine; Assistant Clinical Professor of Psychology, Fuller Graduate School
Areas of Interest: Neuropsychological diagnosis and treatment, Neuropsychodynamics, Medical Psychology, Non-Normative Assessment of Neurobehavioral Syndromes, Jungian Psychotherapy, the Dynamics of Groups and Institutions
Orientation: Jungian, Analytic

Kulick, Alexis D., Ph.D., ABPP/CN
Training Roles: Director of Training, Supervisor, Facilitator of Neuropsychology Seminar
Rotation: Health Psychology: Behavioral Medicine (Polytrauma/TBI Clinic)
Undergraduate Program: Brandeis University, 1996
Doctoral Program: Bowling Green State University (Clinical), 2001
Predoctoral Internship: Southern Louisiana Internship Consortium, 2000-2001
Postdoctoral Residency: Kaiser Permanente, Oakland; Department of Behavioral Medicine, 2001-2002
Areas of Interest: Clinical Neuropsychology; Psychodiagnostic Assessment; Behavioral Medicine/Health Psychology; Pain Management
Certifications: Diplomate in Clinical Neuropsychology
Orientation: Cognitive-Behavioral, Integrative
Lewis, Melissa M., Ph.D.  
(Formerly Maglione, Melissa L., Ph.D.)
Training Roles: Supervisor, Co-Leader of Evidence-Based Practice Seminar, Psychology Training Seminar Coordinator  
Rotation: Addictive Behaviors Clinic, Trauma Recovery Services  
Undergraduate Program: University of San Francisco, 2001  
Doctoral Program: Saint Louis University (Clinical), 2009  
Predoctoral Internship: VA Sepulveda Ambulatory Care Center, 2008-2009  
Postdoctoral Fellowship: University of California, San Diego/VA San Diego Healthcare System, 2009-2010  
Areas of Interest: Substance Use Disorders, Posttraumatic Stress Disorder; Severe Mental Illness; Psychodiagnostic Assessment; Evidence-Based Interventions  
Certifications: Certified VA Cognitive Processing Therapy (CPT) Provider, Certified VA Social Skills Training (SST) Provider  
Orientation: Cognitive Behavioral, Integrative

Martin, Jennifer, Ph.D., FAASM, CBSM
Training Roles: Supervisor, Advisor  
Rotation: Sleep Disorders Clinic  
Undergraduate Program: University of California, San Diego, 1995  
Doctoral Program: San Diego State University/University of California, San Diego Joint Doctoral Program (Clinical), 2002  
Predoctoral Internship: Brown University, 2001-2002  
Postdoctoral Residency: Geriatrics, University of California, Los Angeles 2002-2003  
Academic Affiliations: Adjunct Associate Professor, David Geffen School of Medicine, University of California, Los Angeles; Faculty, UCLA Multicampus Program in Geriatrics and Gerontology Faculty; UCLA Sleep Medicine Residency Program; Research Health Scientist, VAGLAHS Geriatric Research, Education and Clinical Center  
Areas of Interest: Psychological Treatment of Insomnia, Chronic Nightmares and Circadian Rhythm Sleep Disorders; Geriatrics; Health Psychology; Motivational Interviewing; Women’s Health  
Certifications: Certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine, Resident of the American Academy of Sleep Medicine  
Orientation: Cognitive-behavioral (with motivational enhancement and case conceptualization)

Serpa, J. Greg, Ph.D.
Training Roles: Supervisor  
Rotation: Health Psychology: Behavioral Medicine (MBSR)  
Undergraduate Program: UCLA, 1985  
Graduate Program: USC, School of Cinematic Arts, MFA, 1990  
Doctoral Program: California School of Professional Psychology (Clinical), 2004  
Predoctoral Internship: VA Sepulveda Ambulatory Care Center, 2003-2004  
Postdoctoral Residency: HIV Mental Health, University of California Los Angeles, 2004-2005  
Academic Affiliations: Associate Clinical Professor, Psychology Department, UCLA  
Areas of Interest: Health Psychology, HIV Mental Health, LGBT Mental Health, Mind-Body Interactions, Mindfulness, Substance Use Disorders and Treatment, Supervision, Trauma  
Certifications: National Trainer, American Psychological Association, HIV Office of Psychology Education, Certified Prolonged Exposure provider, MBSR teacher  
Orientation: Cognitive-Behavioral, Mindfulness/Buddhist Psychology, Self Psychology
Spangler, Shana, Psy.D.
Training Roles: Supervisor; Co-Leader of Evidence-Based Practice Seminar; Acting Section Chief PTSD, GLA
Rotation: TRS
Undergraduate Program: University of California, Los Angeles, 1998
Doctoral Program: Pepperdine University (Clinical), 2009
Predoctoral Internship: W.G. “Bill” Hefner VA Medical Center, Salisbury, NC, 2008-2009
Postdoctoral Fellowship: University of California, San Francisco/VA San Francisco, PTSD/Substance Use, 2009-2010
Academic Affiliations: Clinical Instructor, David Geffen School of Medicine at UCLA
Areas of Interest: Posttraumatic Stress Disorder; Substance Use; Evidence-Based Interventions; Student Veterans; OEF/OIF Post-Deployment Integrated Care; Primary Care Mental Health Integration; Sleep Disorders.
Certifications: Certified VA Cognitive Processing Therapy (CPT), Interpersonal Psychotherapy (IPT) Provider, and Prolonged Exposure (PE) Provider; Board Certified in Biofeedback (BCB)
Orientation: Cognitive-behavioral, eclectic/integrative

Calvin T. Yang, MD, PhD
Training Roles: Co-Director of the Anxiety Disorders Clinic
Rotation: Anxiety Disorders Clinic
Undergraduate Program: Johns Hopkins University, 1999
NIH Medical Scientist Training Program (medical/doctoral): UCLA, 1999-2009
Internship: UCSD, 2009-2010
Residency: UCSD, 2010-2013
Areas of Interest: Anxiety Disorders, PTSD, Interventional Psychiatry
Certifications: Diplomate of the American Board of Psychiatry and Neurology
Orientation: Cognitive-Behavioral, Psychodynamic

Zvinyatskovskiy, Aleksey, Ph.D.
Training Roles: Supervisor, Co-Facilitator of Evidence-Based Practice Seminar II
Rotation: Primary Care Mental Health Integration
Undergraduate Program: University of California, Berkeley, 2007
Graduate Program: University of California, Los Angeles, M.A., 2011
Doctoral Program: University of California, Los Angeles (Clinical), 2015
Predoctoral Internship: VA Sepulveda Ambulatory Care Center, 2014-2015
Areas of Interest: Primary Care Psychology, Evidence-Based Practice, Mindfulness, Sleep Disorders, Acceptance and Commitment Therapy, Biofeedback, Posttraumatic Stress Disorder, Substance Abuse, Individual and Group Psychotherapy
Orientation: ACT, psychodynamic
## Recent Trainees

### 2017-2018

<table>
<thead>
<tr>
<th>Graduate Program</th>
<th>Internship Program</th>
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<tbody>
<tr>
<td>PCMHI/B-Med Pepperdine University</td>
<td>Southern Arizona VA HCS</td>
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<tr>
<td>SUD/PTSD PGSP-Stanford PsyD Consortium</td>
<td>VA SACC</td>
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### 2016-2017

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<td>PCMHI/B-Med PGSP-Stanford PsyD Consortium</td>
<td>VA SACC</td>
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<td>SUD/PTSD PGSP-Stanford PsyD Consortium</td>
<td>LAACC</td>
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### 2015-2016

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<td>PCMHI/B-Med AIU/CSPP San Francisco</td>
<td>Loma Linda VA</td>
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<td>SUD/PTSD Pepperdine University</td>
<td>VA SACC</td>
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### 2014-2015

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<tr>
<td>SUD/PTSD AIU/CSPP Los Angeles</td>
<td>Tuscaloosa VA</td>
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GETTING TO SEPULVEDA
16111 Plummer Street
North Hills, CA  91343

Driving Directions

From West LA
405 North to Nordhoff.
Left onto Nordhoff
Right onto Haskell
Left onto Plummer
Entrance to the Medical Center is on the right

From Ventura
101 South to the 405 North
Exit at Nordhoff
Left on Nordhoff
Right on Haskell
Left onto Plummer
Entrance to the Medical Center is on the right

From Bakersfield
Take the 99 or I-5 south to the I-5 to the 405 South
Exit at Devonshire
Right on Devonshire
Left on Haskell
Right on Plummer
Entrance to the Medical Center is on your right

From Palmdale/Lancaster
Take the 14 Freeway south to the I-5 to the 405 South
Exit at Devonshire
Left on Haskell
Right on Plummer
Entrance to the Medical Center is on the right