



Psychology Internship Handbook 2009-2010 Salt Lake City, Utah



Psychology Service



**VA Salt Lake City Health Care System
Psychology Internship Handbook
Salt Lake City, Utah**

**James R. Floyd, FACHE
Medical Center Director**

**Ronald J. Gebhart, MD
Chief of Staff**

**Patrick J. Miller, PhD
Chief of Psychology**

**Revised: August 2008
for 2009-2010 Interns**

Dear Prospective Applicant:

Thank you for your interest in the Pre-Doctoral Psychology Internship Program at the VA Salt Lake City Health Care System (VASLCHCS). The internship year can be one of the most exciting, challenging, and meaningful experiences in your development as a professional psychologist. We are excited about the opportunity to participate in this process, and hope that this Handbook will provide you with an understanding of the experiences offered at our site. In addition to describing the clinical rotations, training requirements, and application procedure, these materials are meant to depict the overall goals and philosophies of our program and to highlight the characteristics of our facility and surrounding geographical area.

Internship training is one of the highest priorities of our Psychology Service. With the goal of providing psychological services across a wide range of health care settings, interns practice clinical and professional skills under the mentorship of a diverse group of psychologists. We believe it is our privilege to share our clinical and professional wisdom with our interns, and aim to create a positive, collegial atmosphere that is conducive to learning and growth. We are committed to providing high quality generalist training that is based on the awareness and understanding of the interdependence between the application and the science of psychology. We believe that one of the greatest strengths of our program is our commitment to facilitating the "transition from student to professional" and, as such, practice a developmental approach to training and supervision

Psychology doctoral students and interns have been training here since 1952, with nearly 500 interns completing the program. We were APA accredited in 1979 and there has been no lapse in our accreditation status since that time. In 2005, we were reaccredited for seven years – the longest survey granted by APA. We are funded nationally through VA Central Office and the Office of Academic Affiliations (OAA) in Washington, DC and enjoy excellent support through the VASLCHCS. This past year, we were also awarded two OAA-funded post-doctoral positions in the assessment and treatment PTSD, as well as one GRECC-funded post-doctoral position in Geropsychology. Interns and post-doctoral fellows are provided with the same testing materials, computer access, office space, and other resources as psychology staff, and have access to medical records through a Computerized Patient Record System (CPRS) – a system that has received high acclaim in the national media. Finally, interns have the unique opportunity to utilize “state of the art” testing materials, including the Computer Assisted Assessment, Psychotherapy, Education, and Research (CAPER) program and the Mental Health Assistant, which were developed by our own staff psychologists.

The VASLCHCS is a leading teaching facility for the University of Utah School of Medicine, as well as numerous Associated Health Professions (i.e., Social Work, Nursing, Physical Therapy), which makes it an ideal training site for interns seeking interdisciplinary experiences. Interns play a primary role in evaluation, treatment planning, and intervention across a variety of interdisciplinary teams in both medical and mental health settings. Psychology Services are well respected in this medical center, with interns regarded as valued team members; many will find that their opinions have a significant impact on patient care, and that this experience increases confidence in their clinical skills and abilities.

I hope this Handbook reflects our enthusiasm for psychology training, with clinical and professional development of interns being our highest priority. We pride ourselves on creating a friendly, nurturant environment in which trainees develop the foundational and functional competencies to perform in interdisciplinary settings in a wide range of health care settings. Because it is difficult to depict the “character” of an training program in writing, I would encourage you to contact me directly with any questions about these materials or our about our program in general. Finally, if selected for an interview, I highly recommend that you take the opportunity to attend one of our Open House/Interview Days, during which you can personally evaluate whether the VASLCHCS Psychology Internship program is a “good fit” for you.

We look forward to hearing from you soon.

Sincerely



Kimberly O. Sieber, Ph.D.
Director of Psychology Training
VA Salt Lake City Health Care System
(801) 582-1565, ext. 2724

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Internship Training Activities

Internship in Brief

The VASLCHCS internship is a full-time, 12-month continuous appointment, composed of four 3-month Major Rotations, along with a full year of Outpatient Mental Health and Psychological Assessment experiences. This structure allows for both breadth and depth of clinical experiences, as well as exposure to a variety of treatment approaches and supervisory styles.

Interns select among six **Major Rotations** in the emphasis areas of Inpatient Psychiatry, Mental Health Consultation/Liaison, Physical Medicine & Rehabilitation, Behavioral Health/Pain Clinic, Post Traumatic Stress Disorder, and Geriatric Primary Care. Within these diverse settings, interns function as providers, consultants, and members of interdisciplinary teams. They are exposed to serious psychopathology and complex medical conditions, allowing them ample opportunity to put to use the diagnostic and treatment skills learned in their academic settings. Specific activities in which interns participate include: clinical interviewing, psychological and neuropsychological assessment, brief psychotherapy and behavioral interventions, consultation and systems interventions, and psychoeducational, process, and support groups. Interns may also be involved in the training of medical students and residents regarding mental health/behavioral health issues, and provide supervision/mentoring to practicum students from the University of Utah.

The six-month **Outpatient Mental Health** placement provides interns with the opportunity to conduct brief and long term individual psychotherapy, co-lead group therapy sessions, and teach psychoeducational modules. Couples and family therapy experience is also available, with the ultimate goal of providing the veteran with the best care possible. The population/

treatment modalities range from situational distress—requiring acute crisis management—to severe and persistent mental illness—requiring long-term supportive case management. The Outpatient Mental Health experience is completed in one of four settings: the Mood/Anxiety Disorders Clinic, the PTSD Clinic, the North Star/Substance Abuse Program, or the Health Care for Homeless Veterans Program. Each intern is assigned to one of these teams and works with the psychologist supervisor affiliated with that team. Although each of the teams has a specific mission/focus, there is considerable overlap in terms of the patient populations served. Also, each setting provides opportunities for individual psychotherapy, group therapy, and consultation/assessment. The selection a specific outpatient experience will be based on 1) intern preferences, and 2) “gaps” in the intern’s training to date.

Finally, interns participate in a six-month **Outpatient Psychological Assessment** experience, during which they conduct comprehensive psychological assessments by referral. Interns receive referrals for neuropsychological evaluations from medical, mental health, and other specialty clinics addressing such questions as: Alzheimer’s dementia, cognitive sequelae from stroke or other neurological conditions, and organic vs. psychiatric explanations for cognitive deficits. In addition, each intern will have the opportunity to conduct 1-2 psychological evaluations for organ transplant candidates. Evaluations are closely supervised in both individual and group supervision, with interns being exposed to a variety of styles and approaches to psychological assessment.



Inpatient and Outpatient Mental Health Services are provided in adjacent buildings.

Major Rotations

Inpatient Psychiatry

This 21-bed Inpatient Psychiatry program delivers crisis-oriented services to patients with a wide range of presenting problems. The patient population represents all adult age groups and a variety of diagnoses. Interns are assigned to one of two different multidisciplinary treatment teams, who develop treatment plans in cooperation with the patients. Program options include individual and group therapy, comprehensive psychological assessment, psychopharmacology, and process and psychoeducational groups. The Inpatient Psychiatry Unit has a strong commitment to training. Students from each of the major disciplines (e.g., Psychiatry, Psychology, Social Work, and Nursing) rotate through the unit. Psychology interns play an active role on the unit and have considerable freedom in choosing diagnostic and treatment activities that fit their interests. These options include:

- Administration and interpretation of a broad spectrum of psychological assessment instruments, including personality (both objective and projective), and neuropsychological screening instruments
- Individual psychotherapy caseload
- Yalom-based group therapy
- Facilitation of psychoeducational groups which may include such topics as assertiveness training, anger management, and effective communication
- Interdisciplinary Team consultation

- Inservice training programs from other disciplines
- Observation of psychiatric procedures, such as Electroconvulsive Therapy

Meet your supervisor

Richard A. Weaver, Ph.D.

Position: Staff Psychologist,
Inpatient Psychiatry Unit

Length of Service: 1981

Degree: Brigham Young
University, Clinical Psychology

Clinical/Research Interests: Computer applications
and psychoeducational approaches

Faculty Appointments: Clinical Assistant Professor
of Educational Psychology; Adjunct Faculty,
Department of Psychiatry, University of Utah



Inpatient Mental Health Consultation Team/ Liaison Team (MH Consult)

The MH Consult team is an interdisciplinary team consisting of Psychiatry, Psychology, and Clinical Pharmacy. This team provides mental health services to patients within inpatient medical settings including Acute Medicine, Surgery, Neurology, and Intensive Care Units by utilizing a consult-liaison model. Common referral issues include: medical decision-making capacity, cognitive functioning, adjustment to illness, evaluation/ management of psychiatric symptoms (e.g., depression, anxiety, psychosis), and sub-stance abuse/detoxification. Psychology interns, along with the supervising staff psychologist, participate in patient rounds, conduct diagnostic evaluations, administer neuropsychological screenings, and provide supportive therapy as appropriate.



Psychology interns participate in Mental Health consult rounds, along with Psychiatry and Pharmacy Services

Roles/responsibilities of psychology interns may include the following:

- Attending and participating in daily team rounds
- Conducting initial diagnostic evaluations
- Providing brief psychotherapeutic interventions
- Completing cognitive and/or personality testing
- Offering clinical impressions to assist in medical treatment and/or disposition planning (i.e., facilitating patient/staff communication, evaluating for capacity, assessing medical compliance issues)
- Supervising/mentoring practicum students from health psychology doctoral programs

Meet your supervisor

Kimberly O. Sieber, Ph.D.

Position: Training Director; Staff Psychologist, Mental Health Consult Team, Physical Medicine and Rehabilitation

Length of Service: 2001

Degree: University of Missouri, St. Louis, Clinical Psychology

Clinical/Research Interests: Adjustment to Medical Illness/Disability; Rehabilitation Psychology, Neuropsychological Assessment; Threat Assessment and Workplace Violence Prevention; Training and Supervision Issues

Faculty Appointments: Associate Faculty, Dept. of Educational Psychology (Counseling) and Dept. of Psychology (Clinical), University of Utah; Associate Instructor, Westminster College



Physical Medicine and Rehabilitation

This small (6-bed) specialty unit provides inpatient rehabilitation to patients presenting with a variety of disabling diagnoses/illnesses, including: stroke, traumatic brain injury, spinal cord injury, amputation, pain syndromes, and deconditioning/debility secondary to prolonged illness. Treatment is provided within an interdisciplinary/transdisciplinary team environment, consisting of representatives from Physical Medicine, Nursing, Occupational Therapy, Physical Therapy, Speech and Language Pathology, Social Work, Recreational Therapy, and Psychology. Psychologists and interns are regarded as specialists in mental/behavioral health and are full members of the Rehab team. Interns meet with each patient for a general screening of psychological functioning, with roles/responsibilities to include the following:

- Attending and participating in Rehab team treatment planning and patient-centered rounds
- Conducting psychological screening (cognitive, emotional, behavioral) for all rehab patients
- Assisting with treatment planning by offering clinical impressions and recommendations
- Monitoring cognitive status
- Providing brief psychotherapeutic and community re-entry interventions
- Facilitating communication between PM&R staff and MH Consult team (i.e., medication issues)



Psychology Interns are active members of the PM&R Interdisciplinary Team

Meet your supervisor

Kimberly O. Sieber, Ph.D.

(see MH Consult)

Post Traumatic Stress Disorder Clinical Team (PCT) – Intensive

The PTSD Clinical Team (PCT) is designed to provide assessment and treatment of military related PTSD. Sources of PTSD are primarily combat-related, but may also include military sexual trauma or other untoward events occurring during the military, such as motor vehicle accidents or physical assaults. Goals for interns at the completion of the rotation are to have developed basic skills in the assessment of military related PTSD, to become familiar with dynamics of PTSD, and to institute evidence-based treatments (e.g., Cognitive Processing Therapy, Exposure Based Therapy) for PTSD. During this rotation, interns will gain experience in the assessment and treatment of PTSD, including brief treatment models, psycho-educational strategies, and process-oriented group psychotherapy. Interns on this rotation may conduct individual therapy, co-facilitate dialectic behavior therapy sessions, and teach couples education classes based on John Gottman's research. Typically, students from several disciplines, such as Social Work and Psychiatry, will also be receiving training in the PCT along with psychology interns and practicum students from local universities.

Meet your supervisors

Steven N. Allen, Ph.D.

Position: Staff Psychologist and Team Leader, Post Traumatic Stress Disorder Clinical Team
Length of Service: 1990
Degree: University of Wyoming, Clinical Psychology

Clinical/Research Interests: Treatment of PTSD; Psychological Assessment; Group Psychotherapy; Substance Abuse; Hypnosis

Faculty Appointments: Adjunct Clinical Professor, Department of Educational Psychology; Adjunct Associate Professor, Department of Psychiatry, University of Utah



Tanya Miller, Psy.D.

Position: Staff Psychologist

Clinical Assignments: PCT Clinic

Length of Service: 2007

Degree: Argosy University–Phoenix, Clinical Psychology

Clinical/Research Interests:

PTSD; Treatment Efficacy for Patients with Comorbid PTSD and Substance Use Disorders; Military Sexual Trauma; OEF/OIF Trauma and Readjustment Issues



Thomas Mullin, Ph.D.

Position: Staff Psychologist, PTSD Clinical Team

Length of Service: 2005

Degree: University of Utah, Counseling Psychology

Clinical/Research Interests:

PTSD; Health Psychology; Neuropsychological Assessment; Brief Therapy; Health Psychology



Mary (Kitty) Roberts, Ph.D.

Position: Staff Psychologist, PTSD Clinical Team and Tele-Mental Health

Length of Service: 2003

Degree: University of North Texas, Clinical Psychology

Clinical/Research Interests: Military Sexual Trauma; Combat-related PTSD; Group Therapies (MST Trauma Focused, Spouse Support); Use of Technology in Mental Health Services; Multicultural Implications for Assessment and Therapy

Faculty Appointments: Associate Instructor, Westminster College; Clinical Assistant Professor, Department of Psychiatry, School of Medicine, University of Utah



Geriatric Primary Care

The Geriatric Primary Care rotation is sponsored through the VASLCHCS Geriatric Research, Education, and Clinical Center (GRECC). The GRECC is a local, regional, and national resource for geriatric education and training and integration of new and existing geriatric knowledge and skills into clinical practice. The Home Based Primary Care (HBPC) Program is an outpatient service with a mission of providing comprehensive, interdisciplinary primary care in the homes of veterans with complex medical, social, and behavioral conditions for whom routine clinic-based care is ineffective. The psychologist and psychology intern serve as the primary mental health providers of the HBPC team, providing mental health prevention, assessment, treatment, management and professional consultation services.

Roles/ responsibilities may include:

- Attending HBPC team meetings
- Screening, assessment, diagnosis, and treatment of Axis I conditions
- Assessing and providing treatments for sub-clinical symptoms of dysphoria and anxiety, bereavement, adjustment difficulties, and excessive drug use
- Providing services to caregivers of veterans served by HBPC
- Performing capacity/competency assessments when there are questions about a patient's ability to make medical decisions, perform other specific functions, or live independently

In addition, interns attend a weekly Geriatric/Medical/Psychiatric Clinic that serves geriatric patients with complicated medical and psychiatric needs. Psychology interns conduct brief psychological and cognitive assessments of clinic patients as part of the primary care appointment and participate in interdisciplinary team treatment planning.

Meet your supervisor

Bret Hicken, Ph.D.

Position: Staff Psychologist
Clinical Assignments: GRECC, HBPC

Length of Service: 2007

Degree: University of Alabama at Birmingham, Clinical Psychology

Clinical/Research Interests: Cognitive/Neuropsychological Assessment; Medical Ethics; Medical Decision Making; Dementia Assessment/Treatment



Behavioral Health/Pain Clinic

On the Behavioral Health/Pain Clinic rotation, interns see a variety of patients with both medical and psychological issues. Interns will gain experience with mental health triage in a primary care setting, and learn to collaborate with a variety of interdisciplinary clinics and services. The Behavioral Health Service is a Consult/Liaison service to all of the primary care clinics; therefore, interns work closely with primary care physicians (including attending physicians, residents, interns), NPs, PAs, nurses at all levels, and dietitians. Interns gain experience doing brief assessments and giving concise feedback to medical staff, as well as seeing patients for brief therapy (3-5 sessions) and coordinating the patient's care with the primary care physician.

In the Pain Clinic, interns conduct diagnostic evaluations, cognitive screenings, and follow-up visits for patients presenting with a myriad of pain-related conditions. Interns institute short-term interventions to address the psychological underpinnings of acute and chronic pain, and provide alternative pain-reduction methods to be used in conjunction with, or in the place of, opioid medication.

Interns are supervised by three different psychologists on this rotation, the bases of which include professional modeling, immediate feedback, and interdisciplinary collaboration. Interns are afforded a high degree of autonomy once integrated into the clinic.

Meet your supervisors

Tracy Black, Ph.D.

Position: Staff Psychologist,
Behavioral Health Service

Length of Service: 2005

Degree: Utah State University,
Clinical Psychology

Clinical/Research Interests: Health Psychology;
Grief Counseling; Anxiety Disorders; MMPI-2;
Chronic Mental Illnesses; Psychosocial-
oncology; Adjustment to Illness; Childhood
and Adolescent Depression

Faculty Appointment: State University of New
York at Buffalo



Sarah Turley, Ph.D.

Position: Staff Psychologist,
Mental Health/Mood & Anxiety
and Pain Medicine Clinic

Length of Service: 2007

Degree: Southern Illinois University,
Carbondale, Counseling
Psychology

Clinical/Research Interests: Prevention; Risk
Behaviors; Medical Decision-Making; Palliative
& Supervision



Renn Upchurch Sweeney, Ph.D.

Position: Staff Psychologist,
Behavioral Health Service

Length of Service: 2008

Degree: University of Utah,
Clinical Psychology

Clinical/Research Interests:
Adjustment to Chronic Illness;
Neuropsychological Assessment; Interpersonal
and Cognitive Behavioral Therapy



Outpatient Placements

Substance Abuse Treatment Program

The North Star Substance Abuse Treatment program consists of three programs offering treatment for veterans with an identified alcohol and/or drug problem: 1) General Outpatient Program—ASAM Level I treatment intensity: patients complete an intake assessment,

participate in psychoeducational and support groups, and meet with an individual therapist, 2) Intensive Outpatient Program—ASAM Level II.1: this is an eight-week, 32 session evening program conducted Monday through Thursday, followed by a four month Wednesday evening aftercare group. 3) Eagle's Nest Program—ASAM Level III.5: this is a 15-bed, 28-day residential program in which patients participate in day and evening psycho-educational and process groups, individual therapy, vocational counseling, recreational therapy, and family counseling. Substance abuse treatment is conducted within a interdisciplinary team comprised of a physician assistant, pharmacist, psychologist, social workers, addiction therapists, psychology technicians, registered nurse, and vocational rehabilitation specialist. The basic treatment approach is broad spectrum with an emphasis on a cognitive-behavioral Relapse Prevention model. Interns serve as primary therapists for multiple outpatients, and are responsible for assessing current functioning and implementing an individualized treatment plan. Interns are expected to become involved in individual and group therapy as well as to assume responsibilities for other aspects of the clinic's operations, depending on individual interests. There is ample opportunity to use formal assessment skills, pursue special clinical interests, and expand clinical experience.

Meet your supervisor

Warren Thorley, Ph.D.

Position: Staff Psychologist,
North Star Substance Abuse
Treatment Program

Length of Service: 1988

Degree: Texas Tech University,
Counseling Psychology

Clinical/Research Interests: Substance Abuse;
Relapse Prevention; Personality Disorders;
Millon Clinical Multiaxial Inventory



Health Care for Homeless Veterans

Our Homeless Program, within the Health Care for Homeless Veterans (HCHV) clinic, provides extensive outreach, evaluation, treatment, referrals and ongoing case management to homeless veterans with mental health and substance abuse problems. The program staff conducts outreach to identify homeless veterans, and performs psychosocial evaluations and treatment interventions to homeless individuals in community-based sites. The program aims to provide a continuum of care to include evaluation, support, and treatment; assisting clients to achieve their highest level of functioning. The Health Care for Homeless Veterans (HCHV) program is an interdisciplinary team comprised of a psychologist, nurse practitioner, social workers, mental health associates, and a vocational rehabilitation specialist. There are four Grant and Per Diem Programs that involve a partnership between the VA and the community to provide transitional housing and treatment for homeless veterans. The psychologist and psychology interns serve as consultants to each of these programs, providing assessment and individual therapy upon referral. Within this diverse population, there is great opportunity to utilize consultation and assessment skills, including neuropsychological testing, and to explore complex clinical issues depending on individual interests.

Meet your supervisor

Michael Tragakis, Ph.D.

Position: Staff Psychologist,
Health Care for Homeless
Veterans/Critical Time
Intervention Program

Length of Service: 2007

Degree: University of Utah, Clinical Psychology

Clinical/Research Interests: Community-based
Treatment with Homeless Populations;
Interpersonal Therapeutic/Diagnostic
Approaches; Personality Disorders; Role of
Identity in Psychotherapy; Dialectical Behavior
Therapy (DBT)



Post Traumatic Stress Disorder Clinical Team (PCT) – Outpatient

For interns interested in more in-depth PTSD training, the outpatient PTSD placement provides the opportunity to hone assessment skills and participate in longer-term treatment modalities. Interns may participate in specialized programs and groups, including a Human Relations psychoeducational group, a process-oriented psychotherapy group, a multi-couples group, WWII-POW groups, and/or a couples/partners group. Individual treatment modalities include cognitive-behavioral treatment, supportive psychotherapy, hypnosis, biofeedback and relaxation training. Eye Movement Desensitization and Reprogramming (EMDR) and trauma “focus” work may be used in selected cases. In addition, interns will have the opportunity to assist in the diagnosis, assessment and treatment of OEF/OIF combat veterans at risk for traumatic brain injury, other traumatic physical injuries and co-morbid mental health problems. Additional experience with focused neuropsychological evaluations and consultation/liaison with the Polytrauma and various Mental Health treatment teams may also be gained. Interns may also have the opportunity to supervise psychology practicum students from local doctoral programs.

Meet your supervisors

Steve N. Allen, Ph.D.

(see PTSD pg. 4)

Tanya Miller, Psy.D.

(see PTSD pg. 4)

Thomas Mullin, Ph.D.

(see PTSD pg. 4)

Mary (Kitty) Roberts, Ph.D.

(see PTSD pg. 4)

Mood/Anxiety Disorders Clinic

The primary service goals of the Mood and Anxiety Disorders Clinic are to plan, implement and coordinate psychosocial services that will help alleviate personal distress and/or maladjustment arising from depression and anxiety disorders. This clinic provides psychological services for veterans with a variety of mental health issues. Interns conduct initial intake assessments, treatment planning, individual/ couples therapy, and group interventions tailored to varying problems, interns will also have ample opportunities for individual and couples' therapy. Psychological assessment is also an integral aspect of this clinic and interns can expect to be involved in assessment-based diagnoses and treatment planning. If interested, the intern will also have an opportunity to be involved in two additional specialty groups facilitated by Dr. Aikins – (1) a Former-Prisoner-of-War support group, and (2) a long-term psychotherapy group for veterans with PTSD. In the past, interns have become an integral part of the Mood and Anxiety Disorders Clinic, making significant contributions to overall program development as well as designing and implementing specialty psychoeducational groups.

Meet your supervisors

Thomas R. Aikins, Ph.D.

Position: Staff Psychologist,
Mood and Anxiety Disorders
Clinic

Length of Service: 1973

Degree: University of Utah,
Counseling Psychology

Clinical/Research Interests: PTSD and the WWII/
Korean Veteran; Assessment and Treatment of
Former POWs; Childhood Trauma and Adult
Adjustment; Diagnostic Assessment with the
MMPI

Faculty Appointments: Clinical Associate
Professor, Department of Educational
Psychology; Clinical Assistant Professor,
Department of Psychiatry, University of Utah



Ellen H. Todt, Ph.D.

Position: Staff Psychologist,
Mood and Anxiety Disorders
Clinic

Length of Service: 1983

Degree: Brigham Young University,
Clinical Psychology

Clinical/Research Interests:

Psychological aspects of Chronic Mental
Illnesses with Significant Biological
Contributions, such as Adult ADD and Bipolar
Disorder, Eating Disorders; Assessment and
Management of Pain



Sarah Turley, Ph.D.

(see Behavioral Medicine/Pain Clinic pg. 6)

Outpatient Psychological Assessment

Psychological assessment is a frequently requested service to assist medical and mental health providers with diagnostic questions and patient management issues. Common referral issues include questions about medical decision making capacity, dementia vs. depression, cognitive disorders due to Traumatic Brain Injury or other medical conditions (i.e., multiple sclerosis, anoxia, stroke), and differential diagnosis of psychiatric conditions. In addition, interns at the VASLCHCS will have the unique opportunity to evaluate patients for appropriateness from a psychological standpoint for organ transplantation. The Salt Lake VA administers an organ transplant program to include heart, lung, liver, bone marrow, kidney, and cornea transplants. The Psychology Service is responsible for conducting the mental health assessments of potential candidates in our region; each intern will conduct 2-3 of these evaluations over the course of the year.



Psychology Intern scores a Neuropsychological Test Battery

Interns participate in weekly individual and group supervision, which provides exposure to the various aspects of psychological/neuropsychological assessment within a collegial environment. All interns receive extensive training in the administration, scoring, and interpretation of neuropsychological instruments. Supervision focuses on each step of the evaluation process, including referral information, presenting complaints, background history, interview and observations, testing and normative data, differential diagnosis, and recommended interventions. Thus, in addition to receiving supervision on their own assessment cases, interns learn from the cases presented by their colleagues, and benefit from providing feedback to each other in the process.

Meet your Supervisors

Janet G. Madsen, Ph.D.

Position: Staff Psychologist,
Psychological Assessment
Clinic

Length of Service: 1995

Degree: University of Utah,
Counseling Psychology

Clinical/Research Interests: Adjustment to
Chronic Illness; Weight Management; Memory;
Behavioral Medicine; Brief Psychotherapy

Faculty Appointments: Clinical Assistant
Professor, Department of Educational
Psychology, University of Utah



Patrick J. Miller, Ph.D.

Position: Chief, Psychology
Service

Length of Service: 1983

Degree: Washington State
University, Clinical Psychology

Clinical/Research Interests:
Dementia; Geropsychology;
Neuropsychological Assessment;
Brain Injury and Impairment

Faculty Appointments: Clinical Assistant Professor,
Department of Educational Psychology and
Psychiatry, University of Utah



Jennifer Romesser, Psy.D.

Position: Staff Psychologist

Clinical Assignments: Polytrauma
Team and PCT Team

Length of Service: 2007

Degree: Pepperdine University,
Clinical Psychology

Clinical/Research Interests: Neuropsychological
Assessment; Traumatic Brain Injury;
Rehabilitation Psychology; Post Traumatic
Stress Disorder



Affiliated Programs

Access Crisis Team (ACT)

The Access/Crisis Team (ACT) serves as a point of access to mental health services for veteran patients. ACT performs intake assessments with patients who are seeking MH services for the first time, and facilitates appropriate follow-up and intervention with MH providers and clinics. In addition, ACT triages and assesses veteran patients presenting with MH crises and determines the appropriate level of care to address their individual needs. ACT also serves as “gatekeepers” for the VA Clinics and the Inpatient Psychiatric Unit (IPU), facilitating the admission of patients to the IPU and the transfer of patients to community psychiatric hospitals when beds are not available. ACT provides services to patients in the Emergency Department, Outpatient MH, and other outpatient clinics throughout the medical center. Currently, there is one Psychologist, two Advanced Practice Nurses, and five Social Workers assigned to this team. Psychology interns are not typically assigned to the ACT. However, some training is provided to assist interns as they perform the responsibilities of their major rotations. Further training and experience with the ACT may be available upon request.

Meet our staff

James A. Carey, Ph.D.

Position: Access/Crisis Team Leader; Staff Psychologist, Mental Health Consult Team, Physical Medicine and Rehabilitation

Length of Service: 2007

Degree: Brigham Young University, Clinical Psychology

Clinical/Research Interests: Psychotherapy Outcome; Psychological and Neuropsychological Assessment; Cognitive-Behavioral Therapy; Crisis Intervention



Vocational Rehabilitation Program

The primary purpose of the Vocational Rehabilitation Program is to promote the vocational and community adjustment of veterans we serve. Vocational rehabilitation specialists work with the multidisciplinary treatment teams to seek to ensure that vocational rehabilitation efforts are coordinated with the other parts of a patient's treatment plan. Vocational rehabilitation specialists provide services to patients from a variety of clinics; however, most patients served have psychiatric and/or substance abuse problems. Although interns are not routinely assigned to the Vocational Rehabilitation program, they receive some training in this area, and are encouraged to seek out additional experiences as desired.

Meet our staff

Steven L. Jackson, Ph.D.

Position: Staff Psychologist and Coordinator, Vocational Rehabilitation

Length of Service: 1983

Degree: University of Utah, Clinical Psychology

Clinical/Research Interests: Vocational Assessment; Transitional Work Experiences/Outcomes and Supported Employment for Persons with Disabilities.

Faculty Appointment: Clinical Assistant Professor, Department of Educational Psychology, University of Utah



Mental Illness Research, Education and Clinical Center (MIRECC)

The MIRECC was established to generate new knowledge about the causes and treatments of mental disorders, apply new findings to model clinical programs, and disseminate new findings through education to improve the quality of veterans' lives and their daily functioning in their recovering from mental illness. The primary focus of the Salt Lake VA Health Care System MIRECC is on suicide prevention. The MIRECC team is comprised of people representing a variety of

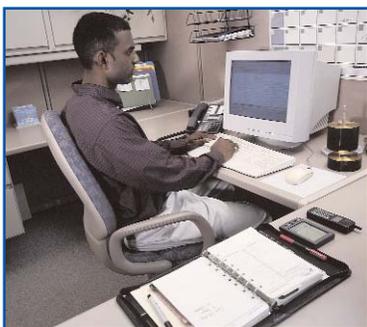
disciplines including psychology, psychiatry, genetics, and pharmacy. Researchers participating in the MIRECC are conducting studies involving behavioral, genetic, neuropsychological and neurofunctional approaches to understanding suicide and suicidal ideation. Interns have the opportunity to work with MIRECC investigators in a variety of ways, including: supervising research assistants on ongoing projects, helping design new research projects within the MIRECC, participating in meetings of research teams and the MIRECC, teaching VA staff about suicide and suicide prevention.

Training Requirements

General Information

The VASLCHCS is a full-time internship with interns completing a total of 2,080 training hours over a continuous 12-month period. Internship begins on July 20, 2009, with a full orientation from VA Human Resources and Psychology Service, and ends on July 16, 2010. A stipend of \$22,898 is paid in equal installments over 26 bi-weekly pay periods. Due to an IRS ruling in 1982, stipends are taxed as regular income and both federal and state taxes are deducted. Interns are not covered by civil service retirement, but are eligible for federal employee group life insurance and health benefits.

Interns are expected to devote eight hours per day, 40 hours per week, to the training program. The usual tour of duty is 8:00 a.m. – 4:30 p.m., although certain rotations may require a different tour of duty (e.g., 12:30 p.m. – 9:00 p.m.) on some days due to scheduled program activities. Interns who work 40 hours per week can easily fulfill their commitment and still have ample time for vacations and sick leave. Over the course of the internship year, interns will earn approximately 13 vacation days and 13 sick days, in addition to 10 federal holidays. Interns may also apply for 40 hours of training credit for attendance at national and regional professional meetings and workshops outside the VASLCHCS.



Interns are provided with the same resources as Psychology staff

Training Philosophy

The Psychology Service at the VASLCHCS is committed to providing high quality generalist training that is based on awareness and understanding of the interdependence between the application and the science of psychology. Using a practitioner-scholar model, the goal of the internship program is to train psychologists to function in an informed, competent, independent and ethical manner within a wide range of health care settings. The program's rotation structure is constructed around in-depth training in applied skills, as well as exposure to a variety of clinical and professional issues. Training experiences take place in varied patient care settings, and are complemented with didactic activities designed to expose interns to scientific and professional issues in psychology.

Our Psychology Staff view training as one of our highest priorities, and aim to create a positive, collegial atmosphere that is conducive to learning and growth. Interns are exposed to a variety of training experience and are encouraged to practice clinical and professional skills under the mentorship of a diverse group of psychologists. The internship is viewed as a training experience (not employment) where interns participate in practical, service-oriented activities that complement their prior academic training and help them develop as independent professional psychologists. This philosophy underscores our commitment to facilitate the transition from "student" and "professional" and to promote an ethic of scholarly, scientific inquiry.

Professional Competency Development

In November, 2005, the Council of Chairs of Training Council (CCTC) recommended to the APA Board of Educational Affairs (BEA) that a set of organized and sequential competency benchmarks be established for Professional Psychology. A work group was assigned to identify competencies that extend through the sequence of doctoral education and training and determine possible methods of assessing attainment of these benchmarks. In June, 2007, the following document was released for public comment: *Assessment of Competency Benchmarks Work Group: A Developmental Model for the Defining and Measuring Competence in Professional Psychology*. In concert with the shift to a “culture of competence” (Roberts, Borden Christiansen, & Lopez, 2005) in professional psychology, the VASLCHCS Psychology Internship provides training experiences aimed at enhancing the following Core Competency Domains:

Foundational Competencies:

These competencies represent the knowledge, skills, attitudes, and values that serve as the foundation for the functions a psychologist is expected to carry out (how we do what we do).

Relationships — the capacity to relate meaningfully and work effectively with individuals, groups, and/or communities.

Ethical and Legal Standards — able to integrate ethical and legal standards into competent and professional interactions.

Reflective Practice and Self-Assessment — reflective and professional practice conducted within the boundaries of competence, and commitment to lifelong learning, critical thinking, and the development of the profession.

Scientific Knowledge and Methods — the ability to understand and actively integrate science and practice across a number of domains (i.e., biological and cognitive/affective bases of behavior, life-span human development).

Interdisciplinary Systems — identification, knowledge, and cooperative involvement with one’s colleagues and peers.

Individual and Cultural Diversity — awareness and sensitivity in working professionally with diverse individuals, groups and communities who represent various cultural and personal backgrounds.

Functional Competencies:

These competencies represent the major functions that a psychologist is expected to carry out, each of which requires reflective integration of foundational competencies in problem identification and resolutions.

Assessment — assessment, diagnosis, and conceptualization of problems and issues associated with individuals, groups, and/or organizations

Intervention — interventions designed to alleviate suffering and to promote health and well-being of individuals, groups, and/or organizations.

Consultation — expert guidance or professional assistance in response to the needs/goals of individuals, groups, and/or organizations.

Research/Evaluation — the generation of research that contributes to the professional knowledge base and/or evaluates the effectiveness of various professional activities.

Supervision/Teaching — supervision, training, and/or evaluation of the professional knowledge base.

Leadership/Administration — managing the direct delivery of services (DDS) and/or the administration of organizations, programs, or agencies (OPA).

Educational Activities

In addition to direct service delivery, interns spend several hours each week in other training and didactic activities. The *Psychology Seminar Series* is conducted by psychology staff members, other disciplines from the medical center, and community professionals, with topics varying from year to year depending on programmatic issues and intern needs/interests. The following represents a **sampling** of seminars presented this past year:

- Neuropsychological Assessment Series: Test Administration, Scoring and Interpretation
- Assessment and Diagnosis of PTSD
- Blast-related Traumatic Brain Injury in Combat Veterans: Issues Related to Diagnosis, Assessment and Treatment
- Evidence-Based Treatment for PTSD
- Multicultural Issues in Assessment and Psychotherapy
- Motivational Interviewing in Substance Abuse
- Dementia and Delirium
- Adverse Drug Events in the Elderly
- Assessing Decision-Making Capacity
- Homelessness and Chronic Mental Disorders
- Ethical Dilemmas in Clinical Practice
- The POW Experience: A Survivor's Perspective

The *Psychology Internship Training Collaboration* includes interns and presenters from the VASLCHCS, University of Utah Neuropsychiatric Institute, Primary Children's Medical Center, and Utah State Hospital. The aim of this collaboration is to expose interns to a variety of topic areas and presentation styles, as well as provide interns with a forum in which to establish collegial relationships outside their specific training settings. The following topics represent a sampling of those covered this past year:

- LDS (Mormon) Culture
- Interpersonal Reconstructive Therapy and Case Conference
- EPPP Prep and Early Career Issues
- GLBTTQ Issues/Transgender Issues
- The Role of Functional Neuroimaging in Clinical Neuropsychology

(Erin Bigler, Ph.D., ABCN)

Interns are invited and encouraged to attend the *Psychiatry Grand Rounds Lecture Series* co-sponsored by the University of Utah's Department of Psychiatry and the University of Utah Neuropsychiatric Institute. These lectures occur 2-3 times per month, and include many nationally and internationally renowned speakers. The location alternates among the other two locations (both less than a mile from the VASLCHCS) and our Medical Center.

Interns also participate and facilitate a weekly *Interdisciplinary Case Conference* series with residents and staff from Psychiatry, Social Work, and other disciplines. Each of these groups, including the psychology interns, is responsible for a case presentation one week of each month. Cases are selected for presentation based on presence of interdisciplinary issues and concerns. This series has been heavily attended by interns, residents, and staff from the respective disciplines, and presentations invariably generate considerable (and often lively) discussion.

During the year, interns have recurring opportunities to provide and receive training to/from other disciplines (Medicine, Psychiatry, Nursing, etc.) via *Inservice Training* and consultation. While on the Physical Medicine and Rehabilitation Team, for example, interns have provided an inservice training presentation to the Team on such topics as psychological adjustment to illness, neuropsychological assessment, capacity issues, and stroke-related depression. Interns have also been known to provide training on various mental health topics to nursing students on the Inpatient Psychiatry Unit. Of course, interns are always welcome to attend inservices, observe procedures, and participate in interdisciplinary interviews/interventions based on their own interest areas.



Psychology interns and staff participate in complex case discussions.

Finally, interns are welcome to participate in *Regional Medical Education Center Conferences* that are held at this VA. Because they are considered VA employees, interns have the opportunity to attend such conferences at low or no cost. Recent conferences have been facilitated by nationally renowned professionals, and have included such topics as Psychopharmacology, Geriatric Evaluation and Treatment, and Suicide Risk Assessment.

Supervision Overview

Members of our psychology staff represent a wide range of backgrounds, clinical interests, and treatment approaches; thus, interns are exposed to a diverse array of professional activities and therapeutic styles. Interns receive a minimum of two hours of face-to-face individual supervision with their Major and Outpatient Rotation supervisors, and two hours of group supervision each week. Group supervision consists of a weekly meeting in which interns present cases to their peers and psychology staff for discussion. This forum provides opportunity to learn from other interns' cases, as well as to observe staff psychologists model supervision techniques. All chart entries and clinical reports by interns are reviewed and cosigned by the supervising staff psychologist. Typically, supervision is more intensive at the start of each rotation,

with the supervisor taking a more "hands-on" approach. As the intern's skill level and needs become better defined, and as he/she demonstrates increased ability to function independently, greater freedom and responsibility is provided.

Research Opportunities

Some interns are interested in conducting research during the course of the internship year. Although the primary focus of our training program is the development of applied skills, it is possible for interns to become involved in intern-initiated research projects or in projects associated with the MIRECC or other clinics within VASLCHCS, namely the Homeless program or the PTSD Clinic. The Chief of Psychology is ultimately responsible for all research conducted at the medical center by psychology interns. The Psychology Research Committee has been established to review proposals for research by Psychology staff or interns. Interns who wish to conduct active research should discuss their research ideas with potential supervisors and must be prepared to present their proposals to the Psychology Research Committee during the first two months of the internship. Although the review process can be time-consuming, it must be completed before data can be collected.

Spending Your Internship Year at the Salt Lake City VA

Veterans Affairs Salt Lake City Health Care System (VASLCHCS)



The Psychology Internship Program is sponsored by the Department of Veterans Affairs Salt Lake City Health Care System (VASLCHCS), which consists of the George E. Wahlen Department of Veterans Affairs Medical Center in Salt Lake City, Utah, eight Community Based Outpatient Clinics (CBOCs), and one Outreach Clinic in Utah, Idaho and Nevada. The medical center is a mid-sized affiliated tertiary care facility. It is a teaching hospital, providing a full range of patient care services, emergency department, as well as education and research. The VASLCHCS is ranked in the Complexity Level 1a Group based on the 2005 Facility Complexity Model. Comprehensive health care is provided through primary care and tertiary care in areas of medicine, surgery, psychiatry, physical medicine and rehabilitation, neurology, oncology, dentistry, geriatrics, and extended care. The VASLCHCS is part of VA Network 19, which is the largest geographic area in the 48 contiguous states and serves an area covering the state of Utah, most of Montana, Wyoming and Colorado and portions of Idaho, Kansas, Nebraska, Nevada, and North Dakota. During fiscal year 2007 the VASLCHCS served 40,727 veterans through 415,379 outpatient visits and 5,471 inpatients were treated.

The VASLCHCS is located on an 81-acre campus adjacent to the Salt Lake City Veterans Affairs Regional Office and the University of Utah. As a Dean's Committee Medical Center, the VASLCHCS is closely affiliated with the University of Utah School of Medicine, located less than one mile away. In addition to its longstanding affiliation with the University of Utah, the VASLCHCS maintains active affiliations with several other Utah colleges and universities, and serves as a training site for students, interns, and residents from a variety of health care professions. It is home to the Salt Lake City Geriatric Research, Education, and Clinical Center (GRECC), activated in 1991, as well as being selected as a site for a Mental Illness Research, Education, and Clinical Center (MIRECC). Finally, it also serves as the location for the VHA Headquarters funded Mental Health Strategic Health Care Group Informatics Section.

In 2006, VASLCHCS was designated a Level III Polytrauma Center to respond to the needs of veterans of the Afghanistan and Iraq conflicts who have suffered multiple traumatic injuries, including TBI and PTSD. A Polytrauma Support Clinic team consists of clinicians from Physical Medicine and Rehabilitation, Psychology, Social Work, Speech Pathology, Occupational Therapy, and Physical Therapy. This team provides assessment and intervention services to these veterans on an outpatient basis, and, when warranted, facilitates referrals to higher levels of care at inpatient Poly-Trauma programs in the VHA system.

Although officially designated a General Medical and Surgical facility, the VASLCHCS also provides mental health treatment through a variety of inpatient, residential, and outpatient services and programs. The various programs of the Mental Health Services provide comprehensive mental health care by a multidisciplinary staff including psychiatrists, psychologists, clinical social workers, advanced practice nurses, vocational specialists, addiction therapists, and mental



Healing Gardens - Purtkwahgahm
Covered Sweat Lodge and Fire Pit

health associates. There are more than 700 admissions per year to the Inpatient Psychiatry Unit, with an average daily census of 18. More than 7,000 unique patients per year are seen on an outpatient or consultation basis by Mental Health Services personnel, resulting in over 50,000 patient contacts

The VASLCHCS is an Equal Opportunity Employer. The Psychology Service actively supports and is in full compliance with the spirit and principle of Affirmative Action in the recruitment and selection of staff and interns. We provide equal opportunities in employment and training for all qualified persons and do not discriminate on the basis of race, color, religion, sex, national origin, age, disabilities, ethnicity, or sexual orientation. In accordance with federal government employment regulations, only citizens of the United States are eligible for training positions funded by the Department of Veterans Affairs.

Frequently Asked Questions (FAQs) About the VA Healthcare System

Are all VA Medical Centers alike?

Each medical center, while being part of the largest health care delivery system in the free world, has its own character and specialty services. Some VA Medical Centers have geriatric units, substance abuse units, and day hospitals, while others focus on psychiatric treatment or provide domiciliary care. Prospective applicants should

carefully examine the brochure of each VA to verify the available training opportunities. Our medical center provides a full range of medical and psychiatric services in affiliation with the University of Utah Medical School. Along with other specialty services, the VASLCHCS is one of three designated organ transplantation centers in the VA system, is an official site for conducting research in mental illness (MIRRECC), and has developed many of the computer assisted psychological assessment packages now used throughout VA. VASLCHCS also serves a Level III Polytrauma Center, essential in our service to our most recent veterans from Iraq and Afghanistan.

Are all VA patients men?

Although the majority of veterans are men, an increasing number of female veterans are seeking mental health and medical treatment through the VA. Psychology interns have the opportunity to work with female patients from Inpatient Psychiatry, Outpatient Mental Health, the Medicine/Surgery/Rehab Units, and Primary Care. In addition, the Military Sexual Trauma program, which offers services to veterans who have been sexually harassed or assaulted while in the military, primarily serves the female patient population. Several staff members facilitate groups that address women’s mental health issues; interested interns may have the opportunity to participate in these groups as deemed appropriate by their Outpatient Mental Health supervisors. Finally, as comprehensive treatment often consists of treating the family system, interns frequently find themselves working with spouses and children of the veteran



Healing Gardens - GEM Court Garden

being served. The VASLCHCS staff offers unique opportunities for increasing awareness of issues that arise in working with a primarily male patient population. Interested staff and interns may meet to discuss such issues, as well as to propose and implement changes aimed at creating a positive environment for both staff and patients. Of note, there is also emerging age-based diversity in our veteran population, with younger veterans from recent conflicts.

Do most VA patients have chronic psychiatric problems?

Only a few VA facilities specialize in the treatment of chronic psychiatric patients. The VASLCHCS is an acute care facility with patients admitted for medical, surgical, neurological and mental health care. Other than having served in the military, the patient population at this medical center is typical of the population at other hospitals in the public sector. The majority of our veterans are seen as outpatients in primary care, specialty, and mental health clinics, and relatively few are considered chronically mentally ill. Inpatient psychiatric hospitalization rarely exceeds three weeks, and patients requiring longer-term care are transferred to another facility.

What is the quality of care and research provided in VA Medical Centers?

VA does not view research as separate from clinical practice but sees research and exploration as an integral part of innovative and effective treatment. It has the highest hiring standards for entry level psychologists of any agency in the country, and supports a number of psychologists with distinguished research credentials as full-time Career Scientists. Psychologists at the VA have made significant research contributions to such areas as substance abuse treatment, health psychology, PTSD, MST, neuropsychology and computerized assessment. VA has extensive Quality Assurance programs, including internal and external audits and accreditation (e.g., Joint Commission on Accreditation of Healthcare Organizations) and specialty accreditation (e.g., Commission on Accreditation of Rehabilitation Facilities), processes in which psychologists actively participate.



Arches National Park

What role does VA play in training psychologists?

VHA is the largest single employer of psychologists in the world, with 36% of all licensed psychologists having had part of their training in a VA setting. Over 75% of newly hired psychologists in the VHA have had VA training, and 16% of the 2006 internship match (437 interns) were to VA settings. Our facility alone has participated in the training of over 475 psychologists since its accreditation in 1979; in addition to internship and post-doctoral training, students from local universities enjoy practicum opportunities in our PTSD clinic, GRECC, Behavioral Health Clinic, Homeless Program, and MH Consult service.

Utah and Salt Lake City

Individuals unfamiliar with the State of Utah and Salt Lake City are often quite surprised at the wealth and variety of “things to do and see.”

Geography

Most of Utah lies on a plateau above 4,000 feet in elevation. The Wasatch and High Plateau Ranges of the Rocky Mountains span the heart of the state for 300 miles from north to south. To the east is the Uintah Range, Utah’s most rugged and highest mountain wilderness. To the east and south is the Colorado River Plateau with its famed red rock country, accented by snowcapped mountains and ten national parks and monuments. To the west, Utah’s Rocky Mountains slide into the state’s major communities and farmland and then roll



Salt Lake City Skyline

away to the remote mountain ranges of the Great Basin Desert. Carving a large slice out of north-western Utah are the Great Salt Lake and the Bonneville Salt Flats. In land area, Utah ranks 11th in size among the states with 84,990 square miles.

Weather

There's a saying here in Utah: "If you don't like the weather, wait five minutes." Our weather is as varied as our terrain. Some of our mountains receive over 500 inches of snow in the winter. In the summer, parts of the state can reach temperatures well over 100°F. Spring and fall bring every type of weather imaginable—sunny mornings, rainy afternoons, snowy nights, and everything in-between. Our advice? Come prepared for anything!

Population

As of the 2008 census, the population of Utah was about 2.85 million. Utah has a high fertility rate, which has contributed to a 29.6% growth in population during the past decade. Utah is among several states in the Intermountain West experiencing significant immigrations and increasing diversity. Persons of color (Hispanic, African-American, American Indian, Asian American, Native Hawaiian, and other Pacific Islander) now make up nearly 12% of the population. In recent years, the fastest growing ethnic group in Utah has been the Latino — a population now making up 11% of the overall population.

Sports

Sports enthusiasts find plenty of exciting year-round athletic action throughout the state of Utah. The Salt Lake Metropolitan area is home to four professional sports teams. Basketball fans may watch the NBA's Utah Jazz in action at the Energy Solutions Arena (formally the Delta Center). Major League Soccer has come to Utah, with Real Salt Lake currently constructing a new state-of-the-art venue in Salt Lake County. Utah's newest professional sports team is the Utah Blaze, playing in the Arena Football League. Ice hockey fans can watch the AHL Utah Grizzlies at The "E" Center, Utah's newest entertainment center. During the summer, baseball fans enjoy watching the Salt Lake Bees, the Triple-A affiliate of the Anaheim Angels at Franklin Covey Field, which offers a "classic baseball" experience. Fans of college sports will find one of the NCAA's most entertaining and bitter rivalries between the Brigham Young University Cougars and the University of Utah Utes.

Outdoor Recreation

For the outdoor recreational enthusiast, Utah is truly a paradise. Boasting "The Greatest Snow on Earth," Utah is home to 13 world class ski resorts, not to mention being the host of the 2002 Winter Olympics. Utah is world famous for its skiing, due to a favorable combination of great mountains, elevation, and storms that gather strength over the warm waters of the Great Salt Lake before dumping light, dry snow. During the 2007-2008 ski season, more than 800 inches of snow fell at

some ski resorts. When you arrive in Utah, you will immediately notice the proximity of the mountains to the Salt Lake City metropolitan area. With 11 resorts within an hour drive of Salt Lake City, skiers and snowboarders will be thrilled to call themselves "locals" in this winter wonderland.

Twenty three percent of the state is administered by the National Forest Service. There are hundreds of miles of backcountry roads and trails, many of which are accessible only by four-wheel drive and/or hardy backpacking. Utah has over 1,000 lakes, rivers and streams and there are over 375 public and private campgrounds throughout the state. Jeeping, sailing, wind surfing, kayaking, rock climbing and mountain biking are extremely popular during the warmer months of the year (April through October). The sport of whitewater river rafting began in Utah and there are over 400 miles of raftable rivers, including the Green, Colorado, and San Juan Rivers. A Utah bike trip will color your thinking forever, whether it's a wide open desert ride with spectacular red rock vistas or a lush green mountain trail lined with yellow wild flowers. Utah has developed a world class reputation from Moab's famous Slickrock trail and is fast becoming known for wonderfully diverse alpine mountain biking, including lift-served access at many ski resorts.

With five national parks, Utah is America's "National Parks Capital" (distances from Salt Lake City): Arches National Park (232 miles) — contains the world's largest concentration of natural stone arches. The 73,000-acre region has over 2,000 of these "miracles of nature." Bryce Canyon National Park (256 miles) — thousands of delicately carved spires and pinnacles rise in brilliant color from the amphitheaters of Bryce Canyon. The etched cliffs come alive with the rising and setting of the sun. Canyonlands National Park (249 miles) — here you will see thousands of feet down to the Green and Colorado Rivers, or thousands of feet up to red rock pinnacles, cliffs and Spires. As Utah's largest national park, Canyonlands has been naturally sliced into three distinctive districts: The Island in the Sky, The Needles, and The Maze. Capitol Reef National Park (229 miles) —

this park is characterized by sandstone formations, cliffs, and canyons, and a 100-mile long bulge in the earth's crust called the Waterpocket Fold. Capitol Reef has been intriguing visitors with its twisting canyons, massive domes, monoliths and spires . of sandstone for the past century. Zion National Park (321 miles) — Designated in 1919, Zion is Utah's oldest national park. Zion Canyon features soaring towers and monoliths that suggest a quiet grandeur. Zion is also known for its incredible slot canyons, including "The Narrows," which attracts hikers from around the world.

Utah is also home to seven National Monuments — Cedar Breaks, Dinosaur, Hovenweep, Natural Bridges, Rainbow Bridge, Timpanogos Cave, and the new Grand Staircase-Escalante, as well as two National Recreation areas. Flaming Gorge is one of the largest freshwater lakes in America and has excellent power-boating, fishing, water skiing and parasailing. Glen Canyon contains Lake Powell, the second-largest man made reservoir in the world. Lake Powell is 200 miles long, contains almost 2,000 miles of sand-stone shoreline and offers superb fishing, boating, scuba diving, water skiing, parasailing and swimming.

[City Life](#)

Salt Lake City is a montage of modern high-rises, commercial centers, unique sightseeing attractions, classic buildings, historic sites, excellent restaurants, and beautiful shopping malls. Twelve public golf courses are within 30 minutes of the downtown area. The city is home to three nationally acclaimed ballet dance companies, as well as the Utah Opera Company and many fine art galleries and historical and art museums. The Utah Symphony is world renowned and performs 260 concerts yearly. The orchestra frequently records with the world famous Mormon Tabernacle Choir. Salt Lake's evolution continues forward with the recent debut of the architecturally stunning Library Square in downtown Salt Lake City and the excitement of hands-on learning at the Clark Planetarium and Children's Museum of Utah within the Gateway Mall.

Application Procedures

The Psychology Internship Program at VASLCHCS is a member of the Association of Psychology Post-doctoral and Internship Centers (APPIC) and abides by all APPIC guidelines regarding intern recruitment and notification procedures.

The Psychology Service of VASLCHCS actively supports and is in full compliance with the spirit and principle of Affirmative Action in the recruitment and selection of psychology interns. We actively seek a diverse pool of applicants, provide equal opportunities in training for all qualified persons, and do not discriminate on the basis of race, color, religion, sex, national origin or age. The VASLCHCS has funded six internship positions for over 20 years. We continue to enjoy excellent support through to OAA and GRECC, and do not anticipate any changes in funding for the 2009-2010 internship year.

Application materials are due on November 3, 2008.

Intern Qualifications

Qualified applicants must be enrolled in APA accredited clinical or counseling psychology doctoral programs, PsyD programs, or ProSci programs (Clinical or Counseling Psychology tracks). Psychologists who are involved in an APA accredited respecialization program in clinical or counseling psychology may also apply. VA regulations prohibit the training of doctoral-level psychologists from other specialties who are not trained in recognized respecialization programs. Applicants must be citizens of the United States.

A student applying for this internship must have completed a Master's degree (or equivalent) and all required coursework and practica. Part II of the APPIC Application for Psychology Internship will verify that: 1) all required coursework and qualifying examinations have been completed, 2) a number of practicum placements have been

accomplished, and 3) the prospective intern is in good academic standing. The APPIC Application should be completed both by the prospective applicant as well as his/her department's training director. Although completion of the dissertation is not required, intern applicants who have completed their dissertation proposals are given first consideration.

Application Checklist

Even under the best of circumstances, the internship selection process can be stressful—for both the applicant and the training site. Over the years, we have established an application/ recruitment process that has facilitated the best “fit” between trainee and program. Applicants who complete the following checklist should find the application process to be relatively seamless and, hopefully, will also feel confident in their decision-making process as a result.

Students from APA accredited doctoral programs should submit the following application materials, in a **single packet**, no later than November 3, 2008:

1. Cover Letter
2. Vita
3. Official university graduate transcripts
4. Three letters of professional recommendation (signed across the seal).
5. APPIC Application for Psychology Internship (Parts I & II)

Address all application materials to:

Mari Hanson
Program Support Assistant, Psychology Services (116B)
VA Salt Lake City Health Care System
500 Foothill Drive
Salt Lake City, Utah 84148
Phone: (801) 582-1269

Each set of application materials received by November 3, 2008 will be reviewed by two randomly assigned members of the selection committee. Independent ratings are based on educational, intervention, and assessment experiences, essay responses, and professional letters of recommendation. After an average score is calculated, the selection committee addresses significant discrepancies in scores, and determines the cut-off score needed to participate in the interview process. All applicants will be notified whether they remain under consideration by December 15, 2008.

Open House/Interview Days are conducted over the course of 2 to 3 Fridays during the month of January. In addition to being interviewed by two members of the Training Committee, applicants will have the opportunity to meet current interns and staff members, as well as participate in a tour of the facility. Telephone interviews are available for applicants unable to attend the Open House.

Prior to the APPIC submission date, the Training Committee meets to determine the rank ordering of applicants, based on file and interview ratings. The entire list of interviewed applicants is reviewed to ensure that all applicants have received fair and equal consideration.

If you are selected as an intern, you will be considered a federal employee. As such, you will be subject to all federal employee requirements, including a background check to confirm the accuracy of application and to ensure that there are no criminal charges outstanding against you. In addition, you will be subject to the government's pre-employment physical examination and drug screening procedures.

Dates to Remember

- Application materials due:
November 3, 2008
- Interview notification:
December 15, 2008
- Rank ordering submission date:
February 4, 2009
- APPIC Match Day:
February 23, 2009

For additional information, please contact:

Kimberly O. Sieber, Ph.D.
Director of Psychology Training
Department of Psychology (116B)
Phone: (801) 585-1565, ext. 2724
Email: kimberly.sieber@va.gov

or

Sarah Turley, Ph.D.
Assistant Director of Psychology Training
Department of Psychology
Phone: (801) 585-1565, ext. 2713
Email: sarah.turley@va.gov

VA Salt Lake City Health Care System
500 Foothill Drive
Salt Lake City, UT 84148

The predoctoral psychology internship at the VASLCHCS is accredited by the American Psychological Association.

For information regarding APA accreditation of this or other accredited internships, please write or call:

Commission on Accreditation (CoA)
American Psychological Association
750 First Street, NE
Washington, DC 20002-4242
Phone: (202) 336-5979
FAX: (202) 336-5978
Email: apaaccred@apa.org

NOTES:

**VA Salt Lake City Health Care System
Psychology Service
Salt Lake City, UT
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