VA Medical Center Northport, New York

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Applications Due: January 05, 2018

VAMC Northport, New York offers two positions in a one-year postdoctoral Fellowship in Clinical Psychology with a Focus in Health Promotion Disease Prevention and Inter-professional Training in Primary Care. Northport fully embraces the vision of the Patient Centered Medical Home Model. Primary Care functions in Patient Aligned Care Teams (PACTs), with collaboration across disciplines as a benchmark of the development of these health care services. This creates a rich and collaborative learning environment for interdisciplinary postgraduate training.

Accreditation Status:
The postdoctoral Fellowship program at VAMC Northport is in the process of applying for APA accreditation.
Application & Selection Procedures

General Qualifications
Eligible candidates must:
  • be a U.S. citizen.
  • be a student in good standing in an APA-accredited Clinical or Counseling psychology doctoral program, or
  • have completed a doctoral degree, including dissertation defense, from an APA-accredited Clinical or Counseling Psychology program prior to the start date of the fellowship.

Note: Persons with a Ph.D. in another area of psychology who meet the APA criteria for re-specialization training in Clinical or Counseling Psychology are also eligible to apply.

  • Successfully complete an APA-accredited psychology internship.

We strongly encourage applications from candidates from underrepresented groups. The Federal Government is an Equal Opportunity Employer.

Specific Qualifications
The postdoctoral Fellowship program looks for applicants with prior training in health psychology and experience working in the primary care setting. Prior training and supervised experience in conducting individual and group psychotherapy, clinical interviewing and diagnostic assessment is requisite. Due to the short-term nature of much of the psychological interventions in Primary Care, prior training and experience with cognitive-behavioral therapeutic approaches are desirable.

Note: A CERTIFICATION OF REGISTRATION STATUS, CERTIFICATION OF U.S. CITIZENSHIP, and DRUG SCREENING are required to become a VA fellow. The Federal Government requires that male applicants to VA positions who were born after 12/31/59 must sign a Pre-appointment Certification Statement for Selective Service Registration before they are employed. All fellows will have to complete a Certification of Citizenship in the United States prior to beginning the fellowship. VA will not consider applications from anyone who is not currently a U.S. citizen. VA conducts drug screening exams on randomly selected personnel as well as new employees. Fellows are not required to be tested prior to beginning work, but once on staff they are subject to random selection as are other staff. Fellows are also subject to fingerprinting and background checks. Selection decisions are contingent on passing these screens.
Application Procedure

To apply for our Postdoctoral Fellowship, please provide the following items listed below.

We participate in the APPIC Psychology Postdoctoral Application Centralized Application Service (APPA-CAS). Please submit all application materials to the APPIC portal by January 5, 2018.

- A cover letter that describes your training and career goals, your previous clinical, educational, and research experience relevant to the training offered in our program, particularly in Health Psychology.
- Curriculum Vitae.
- Three letters of recommendation. At least one from an internship supervisor.
- Official graduate school transcript.
- An abstract of your dissertation (if completed) or if you have not completed your graduated degree, a letter from your dissertation chairperson describing your dissertation status and timeline.
- A letter from your current Internship Training Director confirming that you are in good standing to successfully complete your doctoral internship, including the expected completion date. If internship was already completed, a copy of your doctoral internship certificate.
- A writing sample, preferably with an emphasis on primary care or health psychology.

Policies:
The VAMC Northport postdoctoral Fellowship program complies with all guidelines set forth by the Association of Psychology, Postdoctoral and Internship Centers (APPIC). These policies can be accessed at the APPIC website www.appic.org.

The Fellowship program also abides by all American Psychological Association guidelines and requirements. APA can be contacted at:

Office of Program Consultation and Accreditation Education Directorate
American Psychological Association
750 First Street, NE Washington, DC, 20002-4242. (202) 336-5979
www.apa.org/ed/accreditation

Selection and Interview Process:
The Training Committee reviews all completed applications. A subset of candidates will be invited to interview. Interviews are normally held on campus, but telephone or video interviews can be arranged. The program adheres to the APPIC policy that no person representing this training program will offer, request, accept or use any ranking-related information from any postdoctoral applicant or graduate program. We aim to notify all applicants regarding their interview status by January 12, 2018. The Northport VA Medical Center is an Equal Opportunity Employer; ensuring a range of diversity among
our training classes, selecting candidates representing different kinds of programs and theoretical orientations, geographic areas, ages, racial and ethnic backgrounds, sexual orientations, disabilities, and life experiences is important to us. All things being equal, attention is paid to applicants identifying as Veterans; as members of historically underrepresented groups on the basis of racial or ethnic status; as representing diversity on the basis of sexual orientation; or as representing diversity on the basis of disability status. Experience and skill in the sphere of diversity knowledge, awareness, and sensitivity is also highly valued. These qualities may be specifically noted in the applicants cover letter.

Please note: We adhere to the APPIC uniform notification policy: We will make offers on Monday February 26, 2018 at 10:00am EST. An applicant receiving an offer will be allowed to hold the offer for 24 hrs. Prior to February 26, we will consider making a reciprocal offer if a top applicant receives a bona fide offer from another postdoctoral training program.

Psychology Setting

The Northport VA Medical Center is situated on a large, beautiful campus just outside the seaport village of Northport, Long Island. The location offers the advantages of a suburban setting within easy reach of both New York City and the beaches and vineyards of rural eastern Long Island. Cultural opportunities abound, not only because of the proximity to New York City, but also because of the major universities on Long Island including Stony Brook University, Adelphi University, Hofstra University and Long Island University.

Opened in 1928 as a psychiatric hospital, the VA Medical Center at Northport was converted to a full service Medical Center in 1971. The Northport VAMC provides inpatient medical, surgical, and psychiatric treatment. There are also community living centers that provide nursing home care and residential treatment programs for substance abuse and PTSD. The Northport VAMC is accredited by The Joint
Commission and is a clinical campus of the School of Medicine at Stony Brook University. Several programs, including programs that are administered by Psychology Service have obtained accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF).

Additionally Long Island’s Suffolk County offers top beaches, championship golf courses, rolling farmland, quaint seaport villages, and world-renowned vineyards and is a timeless vacation/restaurant mecca to explore.

The Veteran Population: The veteran population represents a full adult age range. Although the patients seen are primarily adult males, fellows will have the opportunity to work with our steadily increasing population of female Veterans, as well as spouses of Veterans.

The postdoctoral Fellowship program is committed to devoting careful attention to working with our culturally diverse population. The Northport VAMC attracts Veterans from throughout the New York City metropolitan area. Cultural competence is addressed within supervision, case conferences and seminars. VAMC Northport as well as the VA nationwide remains committed to diversity and inclusion.

The Psychology Service: The Psychology Service at the Northport VA Medical Center is an autonomous service headed by a Chief, and includes 21 full-time psychologists and one part-time psychologist. The range of professional activities conducted is exceptionally wide. Generally, psychologists are members of multidisciplinary treatment teams and, in some cases, are directors of treatment programs. Staff members conduct psychological and neuropsychological assessments and provide psychotherapy and behavioral treatments. Psychologists also provide consultation to other health care providers.

Primary Care: Primary Care, which houses both Primary Care Mental Health Integration (PCMH-I) and Health Promotion Disease Prevention (HPDP), will be the site of most of the fellow’s training experiences. The core PCMH-I team consists of 3 full time psychologists, 1 psychiatrist and 1 full time care manager. Additional staff work in
embedded with the OEF/OIF/OND and Women’s Wellness PACT teams, and in several Community Based Outpatient Clinics (CBOC’s), Women’s Wellness Center and the OEF/OIF/OND Clinic. HPDP consists of one psychologist as Health Behavior Coordinator (HBC) and one Preventive Medicine physician as Health Promotion Disease Prevention Program Manager (HPDP-PM). In addition to the two postdoctoral fellows, trainees consist of 6 psychology interns, 1 psychology extern, and 2 preventive medicine residents who provide comprehensive, inter-professional services to the Primary Care Clinic and other sites with in the medical center.

Training Model and Program Philosophy

The overall mission of this fellowship is to provide advanced training in clinical psychology with a focus on health promotion/disease prevention and inter-professional integration and collaboration, within the context of a holistic approach to health and wellness. We strive to help fellows develop professional identity and leadership skills that will prepare them to be competitive and important players in the field of health service psychology. We aim to provide training consistent with the APA Guidelines and Principles for Accreditation of Programs in Professional Psychology at the postdoctoral level. Our fellowship program embraces a practitioner-scholar philosophy, with a strong emphasis on clinical practice that is informed by theory, research, critical thinking, and active, collaborative learning. The integration of science and practice is emphasized in all aspects of the training, and serves as the foundation for the cultural shifts which currently drive the overall VA model of healthcare. We believe each fellow brings unique talents and skills to be harnessed and embraced and we aim to work collaboratively in an apprenticeship model that fosters professional growth for both the fellows and staff with whom they work. Additionally, this fellowship will provide opportunities for developing more advanced skills in consultation, supervision, program development, and professional leadership.

The Postdoctoral Fellowship at VAMC Northport is strongly committed to training from a culturally competent framework. We believe in the idea that psychology practice is deeply enhanced when we have a more encompassing, flexible and open view of humanity and the richness that individual differences bring. The advancement of our field and practice depends on increasing the conscious cultivation and application of skills, knowledge, sensitivity and awareness needed to communicate within a diverse context. Cultural competence is an extension of the therapeutic relationship. Learning to efficiently gather cultural knowledge in the context of therapeutic encounters is a much more important skill than memorizing rote facts about heterogeneous groups which can then produce a narrow and incomplete view of diversity. It is also imperative for a fellow to learn the skill of self-reflection. Insight into one’s own worldview and its development is an essential piece of being able to recognize one’s own biases. We aim to challenge fellows to demonstrate an understanding of how personal attitudes and biases interplay in their clinical work. Ultimately, the promotion of cultural sensitivity in our training model allows fellows to genuinely respect world-views and harmoniously integrate self and other perspectives into assessment and treatment of the Veterans we serve.
Together with their supervisors and the training director, each fellow will develop a set of training experiences for the year which will reflect both their training needs and the fellows’ particular set of interests and goals. At the start of the training year, fellows will work more closely with their supervisors to acclimate to the various clinical environments and increase their clinical and professional skills. Over the course of the year, fellows will be expected to take on an increasing level of autonomy and independence as would be expected for an early career professional and colleague. Our commitment to the professional growth and development of each fellow is conveyed in our supportive training environment that emphasizes individual strengths and which is evident through the significant investment of time, energy and enthusiasm of our training staff which includes psychologists as well as non-psychology supervisors.

**Training Aims**

The aim of this fellowship is **to produce well-rounded psychologists who are proficient in providing care in medical settings**. The training program provides a rich set of experiences designed to help fellows develop their professional identities and prepare them for leadership roles in health service psychology. Fellows receive training in performance improvement and are encouraged to think critically about system level issues and how to improve the delivery of care. Fellows work in an inter-professional and collaborative manner within medical settings. One vehicle through which training takes place is direct patient care, however this is auxiliary to the **educational pursuit of the training year**. Training experiences offer ample opportunity to grow and expand the trainee’s vision of the world and to better understand the perspectives of others, allowing for care to be responsive to needs rather than constrained by bias. To further this aim, the Postdoctoral Fellowship deems it imperative to appeal to a diverse group of applicants and continue **to encourage an awareness of diversity**. Upon completion of the fellowship psychologists are ideally suited for employment in outpatient medical settings within VHA or the private sector.

**Fellowship Competencies**

- **Demonstration of Integration of Science and Practice** *(Demonstrates knowledge skills and competence sufficient to produce new knowledge, to critically evaluate and use existing knowledge to solve problems and to disseminate research.)*
- **Ethical and Legal Standards** *(Knowledgeable of and acts in accordance with APA Ethical Principles of Psychologists and Code of Conduct, laws and conduct governing health service psychology at local, state and federal levels, and applies relevant professional standards and guidelines)*
- **Individual and Cultural Diversity** *(Demonstrates the ability to independently apply their knowledge and demonstrates effectiveness in working with a range of diverse individuals and groups encountered during residency.)*
- **Supervision** *(Knowledgeable in the theories and practice of supervising more junior level trainees. Is aware of unconscious patterns in supervisory relationship and dynamic reinforcement of such patterns.)*
• **Consultation and Inter-Professional Collaboration** *(Understanding of the role in inter-professional team and ability to share psychological perspective/therapeutic skill with in this role.)*

• **Program Development, Evaluation and Teaching** *(Shows skill at improving existing or creating additional behavioral medicine offerings with in PCMH-I or HPDP. Offers didactic seminars to junior level trainees or assists staff in in-services throughout the hospital.)*

• **Professional Development** *(Shows insight into strengths and weaknesses and can work to maximize effectiveness as a professional. Shows a clear professional identity.)*

• **Intervention** *(Proficiency in choosing and executing the appropriate treatment modality relevant to presenting problem and treatment setting.)*

**Program Structure**

PCMH-I Psychology fellows are full time employees of VAMC Northport. The Fellowship is a yearlong experience. The postdoctoral Fellowship consists of a combination of year-long required assignments and briefer experiences, some of which will be elective, based on the fellow’s interests. Fellows will work within Primary Care (PC) and other medical settings as part of Patient Aligned Care Teams (PACTs) and other medical teams. They also have opportunities to participate in many HPDP programs and treatment areas. Emphasis is placed on the full integration of HPDP in all settings. Some of the training experiences will be collaborative with the Preventive Medicine residents from Stony Brook University School of Medicine. In addition to these learning experiences, fellows are required to complete and present a project in the domain of performance improvement. The development of leadership skills is encouraged and additional mentoring is available for fellows with interest.

**Overview of Training Program and Training Experiences**

**Primary Care Clinic/PACT**

VAMC Northport has been strongly committed to the vision and principles of PACT and Patient Centered Care since 2010. Primary Care consists of 30 functioning PACT teams including the Women’s Wellness Center and two teams that constitute the OEF/OIF/OND PACT. The OEF/OIF /OND and Women’s Wellness PACT teams treat a predominately younger Veteran population, which provides enhanced opportunities for true preventative health care (e.g. interventions aimed at pre-diabetics, cardiac and pulmonary disease risk reduction). Conversely, Northport has a high population of older adult Veterans, with 68 % of unique patients treated in PACT over the age of 65. These Veterans often present with multiple chronic health concerns requiring more comprehensive and coordinated team based care. For all Veterans, attention to wellness and chronic disease management and risk reduction is central. Overall, the Primary Care clinics provide treatment to over 24,000 unique Veterans annually.

**Primary Care Mental Health- Integration**
Primary Care Mental Health Integration (PCMH-I) staff are located in PC throughout Northport and the Community Based Outpatient Clinics (CBOCS). Staff members provide same day mental health assessment and treatment, consultation to PACT teams, and brief traditional behavioral health interventions. PCMH-I staff members are considered extended team members of PACT and work closely with PACTs. Currently, the core PCMH-I staff consists of three full time clinical psychologists, and one full time psychiatrist. In addition, there are psychologists embedded with the OEF/OIF/OND and Women’s Wellness PACTs - and one full time psychologist in our largest CBOC. Care management is implemented at Northport PCMH-I and at the largest of our CBOCs. Care management includes a suite of services which are best understood as monitoring patients across time to ensure that their level of care varies in lockstep with changes in their need. PCMH-I staff work seamlessly with the HPDP team and also with VISN PCMH-I colleagues through periodic meetings.

Health Promotion Disease Prevention
The HPDP program is a core element of the VA cultural transformation initiatives, central to the vision of PACT and Patient Centered Care, and consists of one full time psychologist as the HBC and one full time preventive medicine physician as the HPDP-PM. Northport fully embraces the model and promotes the full integration of HPDP within PACT and the medical center. This includes support for extensive training and ongoing coaching of staff in patient centered communication, health coaching and Motivational Interviewing (MI) to promote Veteran engagement in health care decision making and self-management of their health. HPDP extends beyond PACT and includes specialized prevention and health promotion programs such as Smoking Cessation, the Wellness Clinic, the VA MOVE Weight Management Program, Diabetes Programs, Pain Management, Mindfulness for Stress Reduction, and multiple medical center wide promotional activities (Comprehensive Health and Wellness Fairs) to facilitate a shift towards the delivery of more proactive health care. Northport is heavily invested in promoting the nine healthy living messages outlined in the VA Prevention Initiative as well as integrating Whole Health initiatives. They are integrated not only in PACT, but throughout the medical center (inpatient medical units, SUD programs, CLC’s) with innovative prevention programming being developed in these areas. HPDP staff members collaborate with the Employee Wellness, Patient Centered Care, Planetree and Integrative Medicine initiatives, along with close collaboration with PCMH-I. HPDP leaders also work collaboratively with our VISN partners through quarterly VISN meetings. Fellows have the opportunity to strengthen leadership skills through participation in many of these collaborative efforts.

TRAINING EXPERIENCES

CORE TRAINING EXPERIENCES (Required for all Fellows)

1. PACT/PCMH-I: Fellows will be assigned to two PACT teams (one team will be OEF/OIF/OND or Women’s Wellness, and one will be a general PACT team), where they will serve as the psychologist on the team, providing the full range of clinical psychology functions and fostering integration of HPDP. They will be trained to work within the principles and vision of PACT, and to promote the VHA
strategic goal of providing Veterans with personalized, proactive and patient-driven health care. Fellows will provide same day brief evaluation and triage, curbside consultation, in depth evaluation and triage, and brief evidence based interventions as needed. They will attend PACT team meetings as appropriate and will function as part of the inter-professional team, collaborating with staff from Medicine, Nursing, Nutrition, Psychiatry, Pharmacy, and Social Work on population management, targeting both opportunities for promoting prevention/wellness, self-management and identifying complex/high utilizing patients. Fellows will participate and help facilitate a weekly PCMH-I Interdisciplinary Team Meeting (psychologists, Psychiatrist, HPDP, Care Management) that will serve as group supervision for both fellows and other trainees such as interns and externs. At this meeting the fellow will both receive and provide supervision to junior trainees. As junior colleagues, fellows will be afforded leadership opportunities wherever possible.

a. Fellows will also have the opportunity to respond to consult requests from inpatient medicine and for requests for organ transplant evaluations

2. **Diabetes Management:** Fellows will work collaboratively with members of the Diabetes Treatment team (and PACT teams) to enhance motivation and compliance of patients struggling with the chronic disease of Diabetes. Fellows may participate in endocrinology clinic, shared medical appointments, continuous glucose monitor clinic, Diabetes Support group, Diabetes Self-Management classes and have opportunities to provide supervisory oversight for intern work with this population. Emphasis is placed on motivational enhancement and the facilitation of inter-professional collaboration across the specialty and PACT settings, including coaching clinicians to enhance use of motivational interviewing. Fellows may conduct mental health evaluations as needed and provide very brief individual treatment.

3. **Wellness Clinic:** The Wellness clinic is a program which invites Veterans to become more actively involved in their health care by providing access to several elements of proactive, personalized care incorporating elements of both the Prevention and Whole Health models. The program provides a space where Veterans may develop personalized wellness plans, which will serve as a guide for PACT teams to partner with their patients to achieve their desired health outcomes and includes a series of Wellness workshops, individualized health coaching sessions and follow up support. Fellows have traditionally taken leadership of all aspects of this program including coordination of program schedule, and general oversight of the program. Fellows work collaboratively with the preventive medicine residents, may provide supervisory oversight for intern work and will have opportunities to work on program evaluation and further development and expansion of the program.

4. Fellows will receive specialized training in motivational interviewing (MI) and health behavior coaching including in depth skills for coaching medical staff in MI and health promotion. Fellows will incorporate a coaching model into their
professional role to promote the development of shared decision making and the adoption of an MI spirit in the provision of all aspects of healthcare.

5. Fellows will undertake a performance improvement project in some aspect of health and wellness. As appropriate, fellows will present the results of their project to the staff and will be encouraged to present significant findings at annual professional conferences.

6. Long term therapy cases: We firmly believe that the ability to do meaningful and quality brief treatment is strengthened through the building of foundational therapeutic skill. Part of the necessary development of any clinician is nurtured through the experience of working with in a long term therapeutic relationship, which allows a clinician to begin to deepen their knowledge of dynamic factors affecting behavior change. These factors are attributed to both patient and clinician, therefore working in a long term modality allows a clinician to learn important aspects of themselves that factor into treating patients. Fellows will have the opportunity to carry a small caseload (3 cases) of long term therapy patients utilizing psychoanalytic psychotherapy consistent with the evidence-based practice of psychotherapy. Cases will come from the Iraq and Afghanistan Wars Readjustment Program and/or the Women’s Wellness Program. Supervision is in a group format and includes Post-doctoral fellows, interns, and externs. The open-dialogue model of supervision is intended to encourage open, mutual, detailed discussion of participants’ psychotherapy cases with a focus on their use of core elements of effective psychotherapy.

**ADDITIONAL TRAINING EXPERIENCES**

1. **Smoking Cessation**: Fellows assist in the administration and operations of the medical center wide Smoking Cessation program including oversight of the Tobacco: You Can Quit Clinic where Psychology staff work in interprofessional collaboration with Preventive Medicine Residents providing comprehensive support and treatment for all forms of tobacco addiction. Fellows would have the opportunity to provide training and supervisory oversight for more junior trainees conducting group and individual treatment that includes provision of both behavioral and medical interventions. This clinic provides several opportunities for group and individual intervention, with the integration of various medical treatment options including acupuncture for tobacco cessation. Fellows may also have the opportunity to provide consultation and assist with further program expansion/integration within other treatment settings such as Employee Wellness, inpatient settings, the Community Living Centers (CLC’s), and various mental health program areas.

2. **MOVE- Weight Management Program**: Fellows may participate in the MOVE! Weight Management Program which offers a series of psychoeducational groups after which Veterans can participate in ongoing support groups, the MOVE Walk and Talk program and/or Healthy Cooking classes.
Group members receive education on healthy eating and lifestyle change and learn strategies that support weight loss and healthy living more generally. Fellows involved in this program will gain experience working in a multi-faceted program with opportunities for both group and individual work as well as supervision of lower level trainees. Fellows will also conduct comprehensive mental health pre-bariatric surgery evaluations and may provide brief treatment to assist patients in making the necessary lifestyle changes both pre- and post-surgery. Finally, fellows may also have the opportunity to provide support for the Employee MOVE program.

3. **Mindfulness for Stress Reduction Clinic:** The stress reduction clinic is a 12 week program largely based on Kabat Zinn’s work in Mindfulness Based Stress Reduction. It is a weekly, 90 minute group teaching and practicing different components of meditation, including a 4 hour silent retreat. The clinic runs 3 times per Fellowship year. An interested Fellow will have the opportunity to learn how the group runs as a co-facilitator at first yearly cohort and then progressively take a stronger leadership role in the next two cohorts of the program; becoming lead facilitator of the group as well as assuming administrative duties of the program. As the Fellow progresses they will have the opportunity to supervise a lower level trainee in the group. All facilitators of this program will be required to meet weekly to meditate (Supervisor, Fellow and Intern or Extern). These meditation session will be open to all interested staff and trainees, but required for those who are involved in the stress reduction clinic. Those choosing this rotation will be asked to read Full Catastrophe Living (which can be provided as book on tape or hard copy) and to start a meditation practice of their own for the duration of the rotation.

4. **Pain Management:** Fellows will have the opportunity to provide group and individual CBT for chronic pain as well as working collaboratively with other facility programs that provide pain management (example: recreational services, mind-body program etc.). There are two pain management groups within PCMH. One group is an 8-week CBT based skills group; “Living with Chronic Pain”. In this group, Veteran’s learn basic CBT skills for pain management based on the biopsychosocial model of pain conceptualization. It also incorporates mindfulness and meditation based strategies, psychoeducation, and providing information on other pain management resources within the facility. In addition to the skills group, there is also a pain support group that meets twice per month that is available for Veterans who have completed the skills group (or individual CBT for pain). The support group is designed to be a forum where Veterans can practice skills learned, share information about resources, and offer each other support in reaching their pain management goals. Additionally, Fellows will provide supervision to junior trainees (interns and externs) that participate in the pain management rotation. There may also be opportunities to attend integrated pain management meetings such as the Interdisciplinary Pain Board meetings to
address treatment planning for Veterans with complex pain management needs.

5. **Health Focused Groups**: Fellows may choose to independently, or in conjunction with a junior trainee, offer a time limited behavioral health group. They may develop a group for a topic of their choice or utilize materials from groups developed previously. Recent group offerings have included the following:

- **Brain Health Group**: An eight week group for Veterans experiencing mild to moderate cognitive impairments. Group focuses on enhancing cognitive functioning through development of adaptive coping and compensatory strategies.
- **Medical Challenges Group**: An eight week group for individuals who are coping with the stress of chronic medical issues. This is an educational/support group that focuses on helping people develop adaptive ways to cope with their medical conditions and treatments.
- **Sleep Group**: A six session group aimed at improving sleep. Utilizes evidence based approaches such as sleep hygiene, sleep consolidation, sleep monitoring and CBT around distorted cognitions related to sleep habits.

**Didactic Seminars**

*Required*

- Fellows will participate in seminars on medical, mental health integration, professional development topics, and will participate in a monthly HPDP interdisciplinary journal club (including Residents from Preventive Medicine, and Clinical Pharmacy).
- Fellows will provide at least one didactic training seminar to junior trainees within the Psychology service.

*Optional*

- Department of Medicine Grand Rounds as appropriate.
- Intern Seminar offerings as appropriate.

**Supervision**

The Fellows will receive a minimum of 2 hours of formal scheduled, weekly individual supervision. This supervision will cover individual work, group treatment and any assessment or formal evaluations. The fellow and other trainees will also receive weekly group supervision through Primary Care Mental Health IDT meeting and additional supervisory input while on elective clinical assignments. Supervisors typically function
as both clinical (and at times administrative) supervisors as well as mentors addressing other areas of professional development and functioning. Supervision will typically address a breadth of areas, including professional interests and development, career preparation, overall goals and progress of the residency, and personal issues influencing professional work. Fellows will work with a variety of supervisors according to their rotational choices, however each Fellow is also free to speak with any other supervisor, training committee member, or medical center staff regarding areas of professional functioning. Fellows will be encouraged to devote considerable thought to further developing their own professional identity, orientation, and goals over the course of the postdoctoral fellowship. Regular individual mentoring meetings with training director are provided.

We are committed to providing multicultural competent training for our fellows and culturally sensitive assessments and interventions to our veterans. Our program offers plentiful opportunities to work with patients who represent a wide range of diversity. Fellows will be encouraged to consider the interplay of their own cultural background when working with our veterans.

FELLOWSHIP REQUIREMENTS FOR COMPLETION

Fellows will complete a 12-month, 2080-hour postdoctoral fellowship, with allowances for approved annual, sick, and administrative leave. It is expected that fellows maintain satisfactory progress toward training and didactic requirements. Fellows will adhere to professional standards of practice, demeanor and responsibility; maintain adequate workload and timely documentation; and adhere to APA ethical guidelines and HIPPA regulations. All of the fellow’s supervisors participate in monitoring and supporting the fellow’s progress and training throughout the fellowship.

Formal written evaluation occurs twice a year based upon goals, objectives and competencies listed above. Evaluation objectives for development include demonstration of integration of science and practice, ethical and legal standards, individual and cultural diversity, consultation and inter-professional collaboration, program development and teaching, professional development and intervention. Supervisors will meet with the fellow as part of the formal evaluation process to discuss these evaluations and mutual agreement and understanding of content will be assured. Supervisors do provide continual informal feedback in the course of ongoing supervision throughout the fellowship.

Postdoctoral fellows will be given the opportunity to complete fellowship evaluation forms that allow them to evaluate training experiences, supervision, and provide feedback regarding the training experience as a whole. In addition, the fellows will each have an individual meeting with the training director at the end of the training year to provide additional feedback and suggestions for future planning.

The following are required in order to complete the Fellowship:
A prevalence of formal evaluation ratings at the Postdoctoral Exit level.
Completion of clinical, documentation, didactic, and administrative requirements
Completion of Fellowship Project

Administrative Policies and Procedures

Time Requirements
The fellowship is a one-year experience, beginning on or about September 1 and ending August 31. The fellow is expected to work a 40-hr. week, accumulating 2080 hours over 12-months, minus approved annual leave, sick leave, and approved absence.

Stipend
The annual stipend is $47,804.00 paid over 26 biweekly pay periods.

Benefits
VA fellows are eligible for health, dental, and vision insurance (for self, married spouse, and legal dependents). Onsite urgent medical care is also available for free through Employee Health. As temporary employees, fellows may not participate in VA retirement or insurance programs. State and federal income tax and FICA (Social Security) are withheld. When providing professional services at a VA healthcare facility, VA sponsored trainees acting within the scope of their educational programs are protected from personal liability under the Federal Employees Liability Reform and Tort Compensation Act 28, U.S.C.2679 (b)-(d).

Holidays and Leave
Fellows accrue 4 hours annual and 4 hours sick leave for each two-week pay period for a total of 13 vacation and 13 sick days per year. In addition, the fellow receives 10 paid Federal holidays. Requests for educational leave (approved absence) are granted for participation in conferences, conventions, or special outside trainings relevant to their work in the VA, up to 40 hrs. (5 days).

Due Process Statement
The training staff and director attempt to address all problems and complaints at the lowest possible level in a manner that is most supportive to all parties. Formal procedures are used only when standard supervisory approaches have proven unsuccessful in resolving an issue. The fellow will receive a training handbook at the beginning of the training year, which details specific policies regarding grievance options and procedures, due process with regard to fellow performance or professional functioning issues, and other relevant policies related to the medical center and the training program specifically.

Collecting Personal Information
Clear privacy policy: We will collect no personal information about you when you visit our website.
Training Staff

Core Training Faculty (members of Post-doctoral training committee)

NYASANU A. BARBEE, Ph.D.
University of Wisconsin-Milwaukee
Postdoctoral Fellowship in Psychosocial Rehabilitation and Recovery at Central Arkansas Veterans Healthcare Center – North Little Rock, AR
Assignment: Primary Care Mental Health – Integration, C&P Clinic, Cultural Diversity Committee

LAUREN FITZGERALD, Psy.D.
Long Island University, C.W. Post Campus
Assignment: Community Living Centers; Women’s Wellness Center

DEIRDRA F. FRUM, Psy.D.
La Salle University
Postdoctoral Fellowship in Primary Care Mental Health at VA NY Harbor Medical Center, NY
Assignment: Primary Care Mental Health – Integration; Assistant Training Director Clinical Psychology Postdoctoral Fellowship; Consultant for OMH MI/MET Program, Cultural Diversity Committee

STEPHEN LONG, Ph.D.
California School of Professional Psychology
Post-Doctoral Certificate in Psychoanalysis and Psychotherapy, Derner Institute of Advanced Psychological Studies, Adelphi University
Assignment: Post-Deployment Readjustment Program, Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn (OEF/OIF/OND); Cultural Diversity Committee; Inter-Extern Training Committee

MELODY MILLANDO-WIRTENSON, Ph.D.
Derner Institute of Advanced Psychological Studies, Adelphi University

JOANNE D.TAYLOR, Ph.D.
Fairleigh Dickinson University
Assignment: Health Behavior Coordinator; Training Director Clinical Psychology Postdoctoral Fellowship; Intern-Extern Training Committee; Lead Clinician for Tobacco Cessation; Regional Trainer and Consultant for OMH MI/MET Program; Clinical Assistant Professor, Department of Psychiatry, Stony Brook University SOM; PACT Learning Center of Excellence Faculty Member
MATHEW WILLIAMS, Ph.D.
Stony Brook University
Assignment: Primary Care Mental Health – Integration – Program Lead; Local Evidence Based Psychotherapy Coordinator

Additional Training Faculty

MICHELLE CASTELLANO, Ph.D. – Nova Southeastern University
Assignment: Substance Abuse Residential Rehabilitation Treatment Program, PTSD Residential and Outpatient Program, Cultural Diversity Committee

MARY CAVANAGH, M.D., MPH
Albany Medical College, Columbia University
Assignment: Preventive Medicine Physician, Health Promotion Disease Prevention Program Manager (HPDP-PM), Clinical Assistant Professor, Department of Preventive Medicine, Stony Brook University SOM, Site Supervisor for Preventive Medicine Residency at Stony Brook University SOM, PACT Learning Center of Excellence Faculty Member

WILLIAM CHENEY, Ph.D. – New School for Social Research
Assignment: Psychology Testing Center, Neuropsychology, Intern-Extern Training Committee

JANET ESCHEN, Ph.D.
Fordham University
Assignment: Program Director, Substance Abuse Residential Rehabilitation Treatment Program, Intern-Extern Training Committee

ERIN KODE, Psy.D. – Regent University
Assignment: Substance Abuse Residential Rehabilitation Treatment Program

TRACY FRENCH, Ph.D. – Argosy University
Assignment: Dual Diagnosis Recovery Center, Intern-Extern Training Committee

MICHAEL MARINO, Ph.D. – Bowling Green State University
Assignment: Chief, Psychology Service

ELSA MIRASOL, M.D. – Cebu Institute of Medicine, Philippines
Residency Training in Psychiatry at Creedmoor Psychiatric Center, NY, Fellowship in Psychosomatic Medicine at NYU Presbyterian Hospital/Columbia University Medical Center, NY
Board Certified in Adult Psychiatry and Psychosomatic Medicine
Assignment: Primary Care Mental Health – Integration; Clinical Assistant Professor, Department of Psychiatry, Stony Brook University SOM

LOUIS MORA, Ph.D. – St. John’s University
Assignment: Acute Admissions Units, Intern-Extern Training Committee, Cultural Diversity Committee Lead

MARGARET RAYNE, Psy.D. – Long Island University, C. W. Post Campus
Assignment: Program Director, Psychosocial Rehabilitation and Recovery Center (PRRC); Intern-Extern Training Committee

AMY SCOTT, PSY.D. – Nova Southeastern University
Assignment: Community Living Centers; Community Based Outpatient Clinics; Assistant Training Director for Intern and Extern Training

AMY TAL, Ph.D. – Fordham University
Assignment: Psychosocial Rehabilitation and Recovery Center (PRRC); Training Director for Intern and Extern Training, Cultural Diversity Committee

MAUREEN WELSH, Ph.D. – Derner Institute of Advanced Psychological Studies, Adelphi University
Assignment: Community Living Centers

Consulting Faculty

STERLING ALEXANDER, M.D. – Ross University School of Medicine
Board Certification in Internal Medicine
Assignment: Northport VA Primary Care Medicine

CARLOS NUNEZ, M.D. – Stony Brook University School of Medicine
Assignment: Northport VA Endocrinology

MANDAR TANK, M.D. – Stony Brook University School of Medicine
Board Certification in Internal Medicine
Assignment: Northport VA Associate Chief of Staff for Primary Care and Emergency Department