

APA Accredited Psychology Postdoctoral Fellowship Program Women's Mental Health and Trauma



HAMPTON VA MEDICAL CENTER

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TABLE OF CONTENTS

PAGE 1	Introduction and overview of fellowship
PAGE 2	Application procedures
PAGE 3	Interview and selection process
PAGE 4	Psychology setting
PAGE 5	Training model and program
PAGE 6	Program objectives, goals, and competencies
PAGE 7	Program structure
PAGE 8	Clinical training experiences overview
PAGE 9	Required clinical training components
PAGE 11	Supplemental clinical training opportunities
PAGE 12	Requirements for completion & administrative policies and procedures
PAGE 13	Psychology training program staff listing
PAGE 16	Former post-doctoral fellows
Page 17	Local information
Page 18	Fellowship Admissions, Support, and Initial Placement Data



IMPORTANT DATES

APPLICATIONS DUE:

DECEMBER 18, 2023

INTERVIEW NOTIFICATION:

Late December-January

FELLOWSHIP START DATE:

SEPTEMBER 9, 2024

Psychology Post-Doctoral Fellowship Program

The postdoctoral fellowship at the **Hampton VA Medical Center** is accredited by the Commission on Accreditation of the American Psychological Association. The program received initial seven year APA accreditation in 2016. The next site visit is anticipated for Fall 2023/Winter 2024 (delayed due to COVID). For additional information regarding our program accreditation status, please contact:

The Commission on Accreditation (CoA)
American Psychological Association
750 First Street, NE
Washington, DC 20002-4242
202-336-5979

Candidates for the fellowship must be U. S. Citizens who are enrolled in or have completed an APA-accredited program in clinical or counseling psychology and who are enrolled or have completed an APA-accredited internship. No applicants from programs awarding degrees in areas other than psychology will be accepted. All requirements for the doctoral degree, including dissertations, must be completed prior to beginning the fellowship. Preference is given to candidates with prior training and experience in the specific emphasis areas, but it is not a requirement. This program supports and adheres to Equal Employment Opportunity policies and the Americans with Disabilities Act. Applications from racial, ethnic, and sexual minorities and women are strongly encouraged. No applicant will be discriminated against on the basis of race, color, religion, national origin, sex (including gender identity, transgender status, sexual orientation and pregnancy), age (over 40), disability, genetic information, marital or parental status, or political affiliation.

Hampton VA Medical Center
100 Emancipation Drive (116A)
Hampton, VA 23667
(757) 722-9961 x4306
<http://www.hampton.va.gov/>

To apply, submit all materials electronically through APPA CAS:

[https://
appicpost-
doc.liaisoncas.com/
applicant-ux/#/login](https://appicpost-doc.liaisoncas.com/applicant-ux/#/login)

Except under unusual circumstances, all applications should be submitted via APPA CAS. If you feel that you are unable to submit your application through APPA CAS, please contact Dr. Dutta at nicole.dutta2@va.gov to discuss your situation and any alternative options for application submission.

APPLICATION PROCEDURES

All applicants for fellowship must submit the following:

- A letter of intent which specifies your future professional goals and details how the fellowship will contribute toward their achievement.
- Curriculum Vitae
- Three letters of reference from supervisors, faculty, or other professionals who are well acquainted with you and your qualifications. **Please note: in the APPA CAS portal, letters of recommendation are referred to as Evaluations.**
- Official copies of graduate school transcripts.
- A de-identified recent psychological assessment report that includes the integration of at least 2 psychological tests and a clinical interview.
- A letter sent from your Internship Training Director that an APA- accredited internship will be completed prior to the fellowship start date.
- A letter from the APA-accredited graduate program Training Director that the Ph.D./Psy.D. has been awarded or that all degree requirements will be completed prior to the fellowship start date.

Please feel free to contact the program by telephone or email if you have any questions:

Nicole Dutta, PhD

Director of Clinical Training, Postdoctoral Program
Veterans Affairs Medical Center
100 Emancipation Dr. (116A)
Hampton, Virginia 23667
Phone: (757) 722-9961 x5914

Email (preferred method of contact): Nicole.dutta2@va.gov

*Please note that while this fellowship trains residents in providing care for women Veterans, applicants of **all gender identities** are encouraged to apply.*

INTERVIEW AND SELECTION

Application Review Process and Interviews: Candidates' application materials are reviewed by members of the Postdoctoral Training Committee. Reviewers evaluate the applicant's ability, record of achievement, and degree of potential compatibility with the fellowship program. These rankings are used to prioritize interview offers. Interview offers are typically made via phone or email in late December or January. The format of interviews will likely be via videoconferencing in this year's application cycle. Phone interviews are discouraged due to the lack of full interactivity. Applicants should be available for interview in late January to early February. Interview components typically include a live or virtual tour of campus; meeting with the Training Director; panel interview with the post-doctoral fellowship committee; and a non-evaluative meeting with current and/or former post-doctoral fellows.

Resident Selection: This program follows APPIC's Common Hold Process. In this process, programs will make offers to their top ranked applicants after completing all interviews and ranking applicants. If offers are made via phone, a written offer will be sent immediately via email. Offers can be held until 10:00am ET on the Common Hold Date. Once an offer has been accepted, the program will immediately notify other candidates that the position is no longer available. An accepted offer is considered a binding professional commitment to the program. Please visit the APPIC website for additional information: <https://www.appic.org/Postdocs/Postdoctoral-Selection-Standards>

Notification of Applicants Who are No Longer Being Considered: This program will notify applicants at the point that they are out of consideration for the position for which they have applied.

Resident Appointment: The Director of the Postdoctoral Fellowship or designee call the resident by telephone to confirm that he or she has matched with our program. A letter of confirmation is sent via email within 72 hours of notification. Each resident must respond in writing that he or she accepts the appointment with the Hampton VAMC Psychology Fellowship Program. After confirming this appointment, the resident will be asked to complete application materials, including form 306 (Declaration for Federal Employment) and complete a physical exam (scheduled by the Hampton VAMC Human Resources department).

The appointment to a resident position is contingent upon the individual's application being cleared through a national data bank to screen for possible ethical and legal violations. The resident must pass employment screenings as well as a fingerprint check before the appointment becomes official. A resident must also pass the pre-employment physical completed by a VA hospital before he or she can begin the fellowship. The resident must also complete the Mandatory Training for Trainees before arriving on station.

Finally, a male applicant born after 12/31/1959 must have registered for the draft by age 26 to be eligible for any US government employment, including selection as a paid VA trainee. Male applicants must sign a pre-appointment Certification Statement for Selective Service Registration before they can be processed into a training program. Exceptions can be granted only by the US Office of Personnel Management; exceptions are very rarely granted.

Health Professions Trainees (HPTs) are appointed as temporary employees of the Department of Veterans Affairs. As such, HPTs are subject to laws, policies, and guidelines posted for VA staff members. There are infrequent times in which this guidance can change during a training year which may create new requirements or responsibilities for HPTs. If employment requirements change during the course of a training year, HPTs will be notified of the change and impact as soon as possible and options provided. The VA Training Director for your profession will provide you with the information you need to understand the requirement and reasons for the requirement in timely manner.

PSYCHOLOGY SETTING

The Mental Health and Behavioral Sciences (MH&BS) Service provides a full range of mental health and rehabilitative services. The Service is multidisciplinary and is composed of members of the Psychiatry, Psychology, Social Work and Nursing Services. It is affiliated with the Eastern Virginia Medical School, the Virginia Consortium Program for Professional Psychology, Regent University, and Portsmouth Naval Medical Center and provides clinical training, education and research opportunities to both medical residents and students within a wide variety of theoretical and clinical modalities.

The MH&BS Service providers treat a variety of male and female Veterans who range in age from early 20's to 80's and have an average age of 40 years. Women Veterans represent 19% of veterans in the hospital's catchment area, which is more than double the national average of 9%. There are approximately 20,000 women Veterans served by Hampton VAMC.

Seventy percent of veterans (70%) are service connected and 20-30% are indigent. Sixty to 70% are of African American and Hispanic origins while the remainder are Caucasian. All major diagnostic categories are represented including mood disorder, psychosis, dissociative disorders, dementia, delirium, personality disorders and substance abuse. Over 50% of the patients seen by the clinical staff are dually diagnosed. Interventions include individual psychotherapy, somatic therapies, family meetings/therapy and various group modalities.



Building 13, home of Women's Mental Health and Women's Primary Care

The psychology program of the VAMC Hampton is an active component of the MH&BS Service Line and has over 60 Ph.D./Psy.D. clinical staff and multiple bachelor/masters level psychology technicians. Staff competencies represent a wide array of clinical and theoretical orientations including psychodynamic, cognitive-behavioral, interpersonal and supportive psychotherapies.

Women's Mental Health Services at Hampton VAMC

Women's specialty mental health services at the Hampton VA are comprised of two primary programs. The first is the **Women's Behavioral Health Interdisciplinary Program**, which provides mental health services within an interdisciplinary treatment team setting. The second service is the **Women's Military Sexual Trauma** program, which provides therapy services specific for the needs of women MST survivors. In addition, the PTSD Clinical Team (PCT) offers individual and group psychotherapy services for women veterans. All services are recovery oriented and rely upon evidence-based practices, which have been shown to be effective in treating specific mental health symptoms.



TRAINING MODEL AND PROGRAM

The mission and objective of the VAMC Hampton Postdoctoral Training Program in Women's Mental Health and Trauma is to train psychologists to provide quality mental health care and evidenced-based/empirically-supported treatment to women Veterans. The primary goal of the postdoctoral program is for fellows to develop a full range of skills required for independent functioning as a psychologist, with an emphasis in the area of women's mental health. Within this goal, we are committed to the scholar-practitioner model of training; fellows are expected to utilize current literature on empirically supported assessment and treatment in planning and delivering services. This approach is consistent with the strong multidisciplinary, evidenced-based training culture at VAMC Hampton.

Complementing our goal of preparing fellows to function as independent psychologists, we also aim to prepare fellows for practice in priority areas of mental health care for women Veterans. The Psychology Postdoctoral Training Program in Women's Mental Health and Trauma emphasizes Evidenced Based and Empirically Supported approaches in assessment and treatment of mental health disorders, integrating psychological services in the Behavioral Health Interdisciplinary Program and PTSD Clinical Teams, and providing education to VAMC Hampton staff about the unique health needs of women. Through the variety of professional activities, fellows receive training that facilitates their development of core competencies (described on next page).

The Psychology Postdoctoral Training Program in Women's Mental Health and Trauma philosophy is based on a scholar-practitioner model with an emphasis on training in the area of applied clinical practice. It is designed to assist fellows in developing a full range of skills required to function as independent, ethical, and competent professional psychologists within the area of women's mental health. Thus, our philosophy is to implement and promote established, reliable, valid and efficacious treatment modalities and protocols to the greatest extent possible and to encourage actively our fellows to draw upon the empirical body of literature to enhance the development of their professional skills over time. As scholar-practitioners, we remain abreast of current empirical findings in our chosen areas of professional practice and further our knowledge of treatment advances in order to inform clinical decisions.

The program provides ample opportunity to work with a culturally and ethnically diverse female Veteran population in collaboration with a body of practicing psychologists who represent a wide variety of theoretical bases, clinical interests, and professional expertise. Fellows are exposed to a broad array of clinical conditions, situations and scientifically informed learning and educational experiences over the entire course of their postdoctoral-training year. The emphasis on treating women Veterans allows fellows to develop advanced knowledge in this area. Enhancement and strengthening of professional attitudes, responsibility, communications skills, and critical judgment are also integral parts of this training program.

Evidence-Based Therapies are a Focus of the Program

Fellows have opportunities to learn about and practice many different EBPs, including the following:

- Acceptance and Commitment Therapy
- Cognitive Behavioral Therapy
- Cognitive Processing Therapy
- Prolonged Exposure
- Skills Training in Affective and Interpersonal Regulation
- Dialectical Behavior Therapy
- Courage Group for Sexual Trauma Survivors

PROGRAM OBJECTIVES, GOALS, AND COMPETENCIES

The training program objectives and goals are defined by a set of core professional competencies that all successful graduates of the postdoctoral training program are expected to demonstrate. The specific skills and competencies to be developed by psychology fellows include:

Goal 1: To prepare fellows to develop a full range of skills required for independent functioning as a psychologist within the area of women's mental health in an outpatient setting.

Objective 1: The fellow will develop advanced competence in clinical assessment of mental health disorders.

Competencies Expected:

- Administration of objective and projective measures, as well as diagnostic interviewing
- Interpretation of assessment and test data
- Writing a well-organized psychological assessment report

Objective 2: The fellow will develop advanced competence in evidenced-based/empirically supported therapies for mental health diagnoses.

Competencies Expected:

- Case conceptualization
- Formulation of appropriate treatment goals
- Identification and utilization of appropriate treatment approach based on patient(s) needs
- Presentation of well-timed and effective interventions in individual psychotherapy
- Well-timed and effective interventions in group psychotherapy

Objective 3: The fellow will develop evaluation and consultation skills while working within an integrated care setting.

Competencies Expected:

- Provides competent professional consultation
- Communicates effectively with team members

Objective 4: The fellow will demonstrate competence in providing supervision to psychology trainees.

Competencies Expected:

- Knowledge and utilization of supervision model
- Provides constructive feedback/guidance to trainees
- Deals effectively with ethical issues

Objective 5: The fellow will demonstrate general professional skills related to practice as a psychologist.

Competencies Expected:

- Knowledge and application of ethical principles
- Responsibility and self-direction
- Positive coping strategies
- Establishment and maintenance of good rapport with clients
- Sensitivity to cultural and individual differences
- Effectively utilizes supervision/consultation
- Interacts professionally with staff and colleagues

Goal 2: To prepare fellows for practice in priority areas of mental health care for women Veterans by integrating research into their clinical practice.

Objective 1: Fellows will utilize evidence-based/empirically supported treatments for mental health disorders.

Competencies Expected:

- Demonstrates knowledge of principles/procedures relevant to at least one evidence based/empirically supported psychotherapy

Objective 2: Fellows will demonstrate competence in program development and evaluation.

Competencies Expected:

- Identifies and implements psychotherapy services to meet patient(s) needs
- Evaluates services offered

PROGRAM STRUCTURE

Approximately 20-25% of program time is spent in educational training, and/or professional development training activities (e.g., didactics, supervision). The remaining 75-80% of fellowship time is spent in clinical service delivery. Fellows will meet with the Director of Clinical Training at the beginning of each training year to identify training goals and determine appropriate clinical and educational activities that will allow the fellow to meet their training goals and programmatic goals as well.



Women's Clinic:

Women are one of the fastest growing subsets of the veteran population and the training of clinicians in the provision of quality, gender appropriate care is a high priority for the Veterans Affairs Hospital. While the national average of women in the military is approximately 7%, approximately 16-18% of the veteran population at the Hampton VA Medical center is female. With such a large amount of women seeking services at this facility, this presented a unique opportunity for the hospital to develop and expand previously offered female-centric services. During the Fall of 2012, the VAMC Hampton Women's Building opened on campus. This state-of-the-art facility offers an innovative approach to providing comprehensive health care to female Veterans. It provides co-located care for women Veterans where they receive primary care services, gynecological services, primary care mental health services, specialized mental health services, and sexual trauma services. We were early adopters of a treatment team-based approach (BHIP model) where clients and clinicians make collaborative decisions about mental health care and have since developed into an established, award-winning multi-disciplinary mental health program. Some of the functions that trainees will perform include: participating in multidisciplinary treatment team, delivering brief consultation-based services to Veterans, primary care providers, and the Women's Clinic team members, and providing short-term and long-term psychotherapy to include evidence based approaches.

Women's Mental Health Utilization at Hampton VAMC

The Hampton VAMC offers a unique opportunity to work with a large population of women veterans who are actively engaged in mental health care.

- Approximately 40% of active BHIP patients at Hampton VAMC are women.
- The Women's BHIP is the largest of the BHIP teams located at Hampton.
- The Women's BHIP at the Hampton VAMC serves a large population of veterans seeking treatment for Military Sexual Trauma. Approximately 70% of women with an MST history are receiving mental health services.
- The Women's BHIP is also highly engaged in offering video-telementalhealth services, including over 10 psychotherapy groups specifically for women.

CLINICAL TRAINING EXPERIENCES OVERVIEW

Clinical rotations provide psychology fellows with an array of clinical experiences while maintaining emphasis on providing treatment to women Veterans. These experiences include rotations in Women's Clinic (12 months, half-time rotation); Behavioral Health Interdisciplinary Program (6 months, half-time rotation); and Trauma Recovery Services teams (6 months, half-time rotation). Supplemental clinical experiences, including couples therapy and the application of behavioral health interventions are available.

The Women's Clinic includes experiences working with women Veterans with general mental health concerns, such as depression and anxiety, as well as providing treatment for mental health conditions associated with Military Sexual Trauma (MST). In the BHIP rotation, fellows will provide clinical care to women Veterans being served by an integrated behavioral health team. In the Trauma Recovery Services rotation, fellows will gain experience in providing time-limited Evidence-Based Therapies, such as Cognitive Processing Therapy and Courage Group, for women with a trauma history. The VAMC Hampton has established very robust trauma treatment programs. These programs emphasize an evidence-based/empirically-supported approach to assessment and treatment and are staffed with highly trained providers who possess extensive knowledge and experience in their clinical area.

Throughout the rotations, fellows are exposed to a variety of training and supervision styles reflective of the various theoretical orientations currently employed within the field of psychology, i.e., client-centered, cognitive behavioral, psychodynamic, positive psychology, interpersonal, and supportive therapeutic approaches. Fellows are also exposed to a number of evidence-based/empirically supported approaches including: Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy for Depression (CBTD), and Interpersonal Psychotherapy (IPT). This array of clinical exposure is further augmented through regular educational activities, including Evidence-Based/Empirically-Supported Psychotherapy didactics, Journal Group, Diversity Discussions, Vertical Consultation teams, and Multidisciplinary Treatment teams.

REQUIRED CLINICAL TRAINING COMPONENTS

REQUIRED ROTATIONS

Women's Clinic (12 months)

The Women's Outpatient Mental Health rotation serves Veterans with mental health diagnoses, to include Major Depressive Disorder, Bipolar Disorder, Posttraumatic Stress Disorder (all trauma types), Adjustment Disorder, and Relational Problems. Women Veterans seen in this rotation represent a wide range of diagnostic categories and of educational, socioeconomic and ethnic origins.

This rotation includes two clinical experiences, the first of which is the Women's Behavioral Health Interdisciplinary Program (BHIP). This BHIP is co-located with Women's Primary Care at Hampton and consists of all-female panel. Veterans seen in the BHIP represent a wide range of diagnostic categories and education, socioeconomic, and ethnic origins. In the second clinical experience, fellows will provide care for women who have experienced Military Sexual Trauma (MST). These services are housed within the Women's BHIP and provide specialty counseling services, particularly Evidence-Based Therapies, for women Veterans who are recovering from mental health symptoms associated with MST.

Throughout the year, there will be opportunities in the Women's Clinic for fellows to engage in intake interviews, outpatient based individual psychotherapy, couples therapy, structured psycho-educational psychotherapy groups, trauma recovery-oriented psychotherapy groups, and psychodiagnostic evaluations. There is an emphasis on group psychotherapy and video-telemental health in this clinic.

Behavioral Health Interdisciplinary Program (BHIP; 6 months)

The Behavioral Health Interdisciplinary Program (BHIP) is a multi-disciplinary general mental health team that provides collaborative care to a panel of Veterans with moderate to severe mental health conditions. These BHIP teams treat Veterans of all genders; however, the post-doctoral fellows will be offering clinical services specifically for women Veterans. Clinical emphasis areas in this rotation will include the provision of individual and group evidence-based psychotherapies, psychoeducational psychotherapy groups, and psychodiagnostics evaluations. This rotation provides the opportunity for the fellow to learn how to successfully implement women's specific services in a mixed gender treatment setting.

REQUIRED CLINICAL TRAINING COMPONENTS

REQUIRED ROTATIONS (continued)

Trauma Recovery Services (TRS; 6 months)

The Trauma Recovery Services clinic is an outpatient treatment program specifically designed to provide services to Veterans diagnosed with Posttraumatic Stress Disorder (PTSD). This clinic utilizes a time-limited, evidence-based approach to treatment. There is an emphasis on providing individual trauma processing therapy in this clinic. The psychology fellow is expected to function as a full member of the interdisciplinary treatment team. Fellows typically complete intake evaluations and provide gold-standard PTSD interventions, such as Cognitive Processing Therapy and Prolonged Exposure Therapy. There are also opportunities to facilitate and/or co-facilitate trauma-informed groups oriented towards Veterans who have a history of Military Sexual Trauma (MST), as well as groups for Veterans with co-occurring substance use concerns. Fellows will also receive training in and utilize the CAPS-5 during diagnostic evaluations.

Access Clinics (12 months)

Additional training in clinical triage in the Women's Clinic, BHIP, and TRS clinics is a yearlong requirement. Each fellow will provide 2 intakes per week, one in each of their rotations. This assignment provides fellows with: 1) experience in assessment and appropriate triage of Women Veterans; 2) experience in the administration and interpretation of a brief clinical assessment battery; 3) experience in clinical interviewing and treatment planning; 4) experience in consultation with other mental health providers as well as medical center physicians and allied medical professionals; and 5) building an appropriate client base.

REQUIRED CLINICAL TRAINING COMPONENTS (cont'd.)

OTHER REQUIRED COMPONENTS

Vertical Consultation Team

Fellows are expected to lead a vertical consultation team comprised of graduate level trainees, to include practicum students and pre-doctoral interns. Each fellow leads a team, providing an opportunity to develop administrative and leadership skills. Each team meets monthly and covers a series of topics, culminating in case conceptualization presentations by trainees.

Supervision

Fellows receive a minimum of four hours of training and supervision per week. At least two of these hours are spent in individual supervision with a licensed clinical psychologist. Supervision of clinical cases emphasizes the provision of treatments with empirical support (e.g., Prolonged Exposure Therapy, Cognitive Processing Therapy, Cognitive Behavioral Therapy for Depression, Motivational Interviewing). Supplementary supervision may be provided by members of other professional disciplines when desired and appropriate. Mandatory monthly meetings with fellows and the Director of Clinical Training provide further informal training and mentoring experiences. Additionally, fellows have the opportunity to select a professional mentor from the training staff at the VAMC Hampton with whom they can discuss professional development issues, etc. on a regular basis.

Evidence-based Therapy Didactics

Fellows participate in post-doctoral resident didactics weekly. These didactics are focused on advanced topics related to the provision of evidence-based therapy. There will also be several didactics provided by VA experts in women's mental health, with an emphasis on provision of evidence-based care for women veterans.

Psychological Assessments

Fellows are required to complete and/or supervise at least one psychological assessment battery per rotation (Women's Clinic and PCT) during the training year. A battery is defined as a clinical interview, a case file review and any two major psychological tests and/or measurements.

Evaluation

To maintain good standing in the program, fellows must maintain minimum levels of achievement on outcome measures. The fellow is evaluated mid-rotation and at the end of the rotation using the Psychology Fellow Competency Assessment form.



CLINICAL TRAINING ROTATIONS (cont'd.)

SUPPLEMENTAL CLINICAL TRAINING OPPORTUNITIES

Video-telementalhealth

There will be opportunities to provide video-telehealth to patients during the upcoming fellowship year. The VA uses a HIPAA-compliant videoconferencing software called VA Video Connect to provide options for video-based mental health appointments. Fellows will likely have the opportunity to receive training in using this software, as well as training and supervision to build proficiencies in offering individual and group therapy via videoconferencing.

Supervision of Trainees

The Hampton VA Medical center currently offers an APA accredited internship program as well as a psychology practicum training program. Fellows who are interested in gaining experience in the area of supervision will have an opportunity to supervise pre-doctoral practicum students or interns.

Program Development and Evaluation

Program development and evaluation is a moderate to large part of the Postdoctoral Fellowship program. Fellows have an opportunity to develop and facilitate groups that are in line with their areas of interest. In addition, the program supports utilizing post group assessment measures to determine clinical utility and success of the group experience. In addition, Fellows are afforded the opportunity to participate in ongoing performance improvement projects including, but not limited to improving services for female Veterans as well as hospital-level healthcare quality data.

Research

Fellows may have the opportunity to participate in ongoing research studies or to develop their own research project during the training year. However, it is important to note that research activities are not a primary component of this post-doctoral fellowship.

Mentorship Program

Fellows will be matched with a professional mentor during the fellowship year to discuss issues related to career development.

Spotlight on Diversity

This training program is committed to creating a culture which understands the importance of diversity, equity, and inclusion. Fellows are required to participate in monthly Diversity Didactic trainings with the Psychology Department staff. Topics related to diversity are additionally woven into all elements of supervision. We also have a history of recruiting diverse fellows. Since achieving accreditation, 4 out of 10 fellows have identified as people of color. Our department views diversity training and recruitment and retention of a diverse staff as foundational principles for the practice of psychology.

REQUIREMENTS FOR COMPLETION

To successfully complete the fellowship, fellows must demonstrate competency in all core areas identified on the Postdoctoral Fellowship Competency Assessment Forms. The fellow is evaluated mid-rotation and at the end of the rotation using the Psychology Fellow Competency Assessment form. For each competency, they are rated as either "Independent Practitioner level," "Fellow Mid-Year level," "Fellow Entry level," "Intern Entry level," or "Pre-Practicum level." The minimum threshold for achievement at the mid-point of rotations is "Fellow Entry level." "Intern Entry level" and "Pre-Practicum level" areas are identified and referred to the Director of Clinical Training. At the end of each rotation, fellows are expected to obtain at least a "Fellow Mid-Year" on all competency areas. This training program meets the licensing requirements for postdoctoral supervised practice in the Commonwealth of Virginia.

ADMINISTRATIVE AND FINANCIAL ASSISTANCE

Fellows receive support from the clinic's Medical Support Assistants, psychology technician, the department's Program Support Specialists, and the VA's IT help-desk. Fellows have dedicated office space equipped with computers, phones, and all other necessary equipment. The VAMC has a medical library with a full line of reference materials. A large battery of psychological tests, procedures, and surveys are available as well.

Fellows receive a stipend through the VA's Office of Academic Affiliations. The stipend expected for next year at Hampton VAMC is \$52, 444. Additional information about stipends and benefits can be found at:

[Stipends and Benefits - Psychology Training \(va.gov\)](#)

Administrative Policies and Procedures

Administrative Policies and Procedures Grievance procedures and conflict resolution issues are specifically addressed in the Management of Problematic Behavior and Due Process document. This document is presented to incoming fellows during their initial orientation to the fellowship. Guidelines for all fellowship evaluations, disagreements, complaints, and grievances are clearly delineated, and all venues for appeal are described therein.

Statement of collecting personal information: "Our privacy policy is clear: we will collect no personal information about you when you visit our website."

The VAMC Hampton Postdoctoral Program does not require self-disclosure.

HAMPTON VAMC PSYCHOLOGY TRAINING STAFF

Nathaniel Andrew, PhD - University of Louisville, 2019. Internship: St. Louis VA Medical Center, St. Louis, MO. Postdoctoral Fellowship: Salem VA Medical Center (residency in geropsychology). Clinical / Research Interests: aging and mental health; mental health and long-term care; inpatient mental health.

Kathy Babel, Psy.D. – Virginia Consortium Program in Clinical Psychology, 2003. Internship: VA Medical Center, Hampton, VA. Primary Clinical/Research Interests: Military Sexual Trauma; Evidence-Based Psychotherapy; Supervision.

Chad Buck, PhD. Georgia State University, 2006. Internship: Vanderbilt University-Veterans Affairs Medical Center Internship in Professional Psychology, Nashville, TN. Clinical/Research Interests: Post-Traumatic Stress Disorder, Childhood and Adult Sexual Abuse, Eating Disorders, Cognitive-Behavioral Therapy, Interpersonal Psychotherapy, Clinical Training/Supervision.

Scott L. Cone, Ph.D., Fordham University, 1998, Adjunct Faculty at College of William & Mary, Clinical Focus: Acceptance and Commitment Therapy with a broader focus on Contextual Behavioral Science and Process Based interventions.

Nicole Dutta, PhD – Auburn University, 2016. Internship: Hampton VA Medical Center, Hampton, VA. Primary Clinical Interests: Women's Behavioral Health; Trauma treatment; Clinical Training and Supervision.

Stephanie Eppinger, Ph.D. University of Georgia, 1996. Internship: U.S. Air Force, Andrews AFB, MD. Clinical/Research Interests: Dialectical Behavior Therapy; Post Traumatic Stress Disorder, Clinical training/supervision, Evidenced-Based Psychotherapy.

Yvonne Evans Ph.D. Temple University 2002, Internship Miami University Counseling Center, Residency Community Mental Health Substance Abuse/Mental Health Team, Interests: Trauma Treatment, Military/Veteran Mental Health, Psychology of Women, Integrative/Functional Medicine, Psychoneuroimmunology.

Peter Johnson, Psy.D., ABPP – Loyola University of Maryland, 2009. Internship: VA Medical Center, Hampton, VA. Primary Clinical/Research Interests: Clinical Psychology, Group Psychology, Serious Mental Illness, Substance Use Disorders, Evidence Based Psychotherapy.

Serina A. Neumann, Ph.D. – University of Maryland, Baltimore County, 2001. Internship: Pittsburgh VA Healthcare System, PA. Primary Clinical/Research Interests: Clinical Health Psychology; PTSD and Health; Stress and Health; Wellbeing and Health; Evidence-based Psychotherapy; Transcranial Magnetic Stimulation Treatment for Treatment Refractory Disorders; and Biofeedback/Neurofeedback.

Stephanie-Jane Okpara, PsyD – Wright State University, 2019. Internship: Hampton VA Medical Center, Hampton, VA. Primary Clinical Interests: Women's Behavioral Health; Integrated Behavioral Health; Culturally humble mental health care; Diversity, Equity, and Inclusion; Body Image and Weight Stigma.

HAMPTON VAMC PSYCHOLOGY TRAINING STAFF (cont'd.)

Health Patterson, PhD--University of Alabama Program in Clinical Psychology and Law (2004). Internship: Florida State Hospital, Chattahoochee, FL. Primary clinical/research interests: assessment (more specifically malingering, personality, competency to stand trial and intelligence), criminal and civil forensic evaluations, voir dire/jury selection, courtroom testimony, evaluation of disability, teaching of undergraduates, and supervision of graduate level students.

Charity Seitz, Psy.D – Adler University, 2019. Internship: Hampton VA Medical Center, Hampton, VA. Postdoctoral Fellowship: VA Pittsburgh Healthcare System, Pittsburgh, PA (focus in trauma). Primary Clinical Interests: Lifespan trauma; Race-based trauma; Evidenced-Based Psychotherapies; Military psychology; Clinical training and supervision.

Joanne Shovlin, Psy.D. – Virginia Consortium Program in Professional Psychology, 1994. Internship: Friends Hospital, Philadelphia, PA. Primary Clinical/Research Interests: PTSD (combat); mood disorders; medical rehabilitation; geriatrics; hospice care and bereavement. Clinical orientation/interventions: Cognitive-behavioral & Psychodynamic; CPT provider; EMDR certified therapist.

Lindsay Mullan, PhD. – Fielding University, 2016. Internship: Hampton VA Medical Center, Hampton, VA. Postdoctoral Fellowship: Hampton VA Medical Center, Hampton, VA. Primary Clinical Interests: Sleep (CBT-Insomnia), Couples Therapy (IBCT), Trauma Treatment (CPT & PE), Program Development .

Jennifer Thiessen, Psy.D. – Rosemead School of Psychology, Biola University, 2011. Internship: VA Medical Center, Hampton, VA. Primary Clinical/Research Interests: Trauma/PTSD; Psychodynamic Psychotherapy; Attachment Theory; Acceptance and Commitment Therapy; Psychological Assessment; Supervision.

Celena Thompson, Psy.D. – Wright State University School of Professional Psychology, 1997; Internship: Eastern Virginia Medical School; Primary clinical interests: cultural competency; gender specific treatment approaches; Evidenced-based trauma treatment.

April Trotman, Ph.D. – University of Rhode Island in Clinical Psychology, 2017. Internship: Charlie Norwood VA Medical Center/Medical College of Georgia Consortium, Augusta, GA. Postdoctoral Fellowship: Hampton VA Medical Center, 2018. Primary Clinical/Research Interests: Women's Mental and Sexual Health, Trauma/Intimate Partner Violence, LGBTQ Identities, Multicultural/Diversity Issues

FORMER POST-DOCTORAL FELLOWS

2022-2023 Fellows

Kayla Costello, Ph.D., Hofstra University, VA Sepulveda Ambulatory Care Center
Caitlyn Treadway, Psy.D., Regent University, Richmond VAMC

2021-2022 Fellows

Kimberly Morales, Psy.D., Regent University, North Florida/South Georgia Veterans Health System
Jennifer Blue, Psy.D., Regent University, Hampton VAMC

2019-2020 Fellows

Stephanie Cristiano, Ph.D., Syracuse University, Hampton VAMC
Niki Terranova, Psy.D., The Chicago School of Professional Psychology at Washington D.C., VA Tennessee Valley Healthcare System

2018-2019 Fellows

Emily Bullock, Psy.D., Spalding University (Clinical), Bay Pines VAMC
Donnesha Gibson, Ph.D., Howard University (Counseling), Hampton VAMC

2017-2018 Fellow

April Trotman, Ph.D., University of Rhode Island; Charlie Norwood VAMC/Medical College of Georgia

2016-2017 Fellow

Lindsay Mullan, Psy.D., Fielding Graduate Institute (Clinical), Hampton VAMC

2015-2016 Fellows

Tiffany Lange-Altman, Psy.D., Spalding University (Clinical), Charles George VAMC (Asheville, NC)
Abigail Slowik, Psy.D., Indiana State University (Clinical), James H. Quillen VAMC (Mountain Home, TN)

2014-2015 Fellows

Michele Goldman, Psy.D., Adler School of Professional Psychology (Clinical), Reading Hospital
Lindsay Phebus, Psy.D., Nova Southeastern University (Clinical), Hampton VAMC

2013-2014 Fellows

Brita Reed, Psy.D. Antioch University (Clinical), Miami VAMC
Debra Brown, Psy.D. Virginia Consortium Program in Clinical Psychology (Clinical), Eastern Virginia Medical School

2012-2013 Fellows

Vanessa Handsel, Ph.D. University of Tennessee (Clinical), Hampton VAMC
Hilary Harding, Ph.D. University of Georgia (Clinical), Washington DC VAMC

2011-2012 Fellows

Kathryn Bieri, Psy.D. The George Washington University (Clinical), White River Junction VAMC
Kristie (Fleming) Norwood, Ph.D. The University of Memphis (Counseling), Hampton VAMC

All fellows have provided consent for their names to be posted on our website.

Twelve of our former fellows went on to work in the VA system as psychologists after completion of their post-doctoral fellowship!

LOCAL INFORMATION

Hampton, Virginia, America's oldest continuous English speaking settlement and the site of the Civil War battle of the Monitor and the Merrimac, was founded in 1610 in the area of Virginia known as the "Cradle of the Nation." Within this geographical designation are the historical sites of the Jamestown Settlement, Yorktown Village and Battlefield and the restored city of Colonial Williamsburg. Nearby Newport News, the site of the world's largest shipbuilding company, together with the cities of Norfolk and Portsmouth, make up the Port of Hampton Roads, one of the finest natural harbors in the world. Virginia Beach, the renowned seashore resort, is approximately a 35 minute drive from the Center, North Carolina's Outer Banks with it's world-class fishing and beach facilities is 1½ hours to the south and Washington, D.C. lies Updated September 2020 14 185 miles to the north. The College of William & Mary, Hampton University, Old Dominion University, Norfolk State University and Christopher Newport University are the major learning and academic centers located within Hampton Roads.



Aerial view of Hampton's Downtown area



View of the Hampton marina from the VA's waterfront boardwalk

The mild climate, ranging from an average of 47 degrees in January to 85 degrees in July, together with a wide variety of cultural and recreational activities, make this area an exceptionally attractive one in which to work and live. The Virginia Opera (the sixth largest opera company in the country), the Virginia Waterfront International Arts Festival and the famed Hampton Jazz Festival are but a few of the many and varied events that have become an integral part of the Hampton Roads cultural scene. Hampton Roads is also home to the Chrysler Museum, the Mariner's Museum and the Virginia Beach Center for the Arts. Waterfront and seafood festivals are regularly scheduled on most summer weekends, world class golf courses abound and the availability of water sports activities is virtually endless. Professional baseball, soccer and ice hockey are well represented and several major shopping centers are within easy reach of the Hampton Veterans Affairs Medical Center.

Program tables updated 8.9.2022.

Postdoctoral Residency Admissions, Support, and Initial Placement Data

Date Program Tables are updated:

Program Disclosures

Does the program or institution require students, trainees, and/or staff (faculty) to comply with specific policies or practices related to the institution’s affiliation or purpose? Such policies or practices may include, but are not limited to, admissions, hiring, retention policies, and/or requirements for completion that express mission and values?	<div><input checked="" type="checkbox"/> Yes</div> <div><input type="checkbox"/> No</div>
If yes, provide website link (or content from brochure) where this specific information is presented:	
<div>All applicants must comply with requirements of Veterans Affairs employees. Please see below link for additional information about VA employment requirements: QUALIFICATION REQUIREMENTS - VA JOBS</div> <div>All applicants must comply with requirements for VA post-doctoral fellowships. Please see link below for information about VA post-doctoral fellowship requirements: Eligibility - Psychology Training (va.gov)</div>	

Program tables updated 7.28.23.

Postdoctoral Program Admissions

Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program's policies on intern selection and practicum and academic preparation requirements:

This postdoctoral fellowship program is focused on providing specialized training in provision of high quality, evidence-based mental health and trauma-focused care to women veterans. Strong applicants will have a special interest in working with clients who have a history of trauma, have some background in treating trauma previously, and be interested in learning in-depth trauma treatment techniques during the course of the post-doctoral fellowship year. The ideal applicant will have a particular interest in working with women veterans and/or in working in a VA setting following their residency. This program is a scholar-practitioner model and the best applicants will be focused on strengthening their skills in the areas of provision of clinical services. This post-doctoral fellowship does not have a focus on research. We invite applicants who have attended an APA-accredited graduate program and an APA-accredited internship.

Describe any other required minimum criteria used to screen applicants:

Our selection process includes interviews, which may be via videoconferencing or in-person depending up circumstances. Selected applicants are usually interviewed between late January and early February. During the interviews, applicants are given information about the work setting at the Hampton VA, have the opportunity to meet post-doctoral committee members, and to speak with current/former post-doctoral fellows about their experiences.

All applicants for fellowship must submit the following via APPA CAS:

- A letter of intent which specifies your future professional goals and details how the fellowship will contribute toward their achievement.
- Curriculum Vitae
- Three letters of reference from supervisors, faculty, or other professionals who are well acquainted with you and your qualifications. **Please note: in the APPA CAS portal, letters of recommendation are referred to as Evaluations.**
- Official copies of graduate school transcripts.
- A de-identified recent psychological assessment report that includes the integration of at least 2 psychological tests and a clinical interview.
- A letter sent from your Internship Training Director that an APA- accredited internship will be completed prior to the fellowship start date.
- A letter from the APA-accredited graduate program Training Director that the Ph.D./Psy.D. has been awarded or that all degree requirements will be completed prior to the fellowship start date.

If you are experiencing a serious financial hardship which prevents you from applying via APPA CAS, please reach out to the Training Director at Nicole.dutta2@va.gov

Program tables updated 8.26.2021.

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Residents	\$52, 444	
Annual Stipend/Salary for Half-time Residents	N/A	
Program provides access to medical insurance for resident?	<u>Yes</u>	No
If access to medical insurance is provided:		
Trainee contribution to cost required?	<u>Yes</u>	No
Coverage of family member(s) available?	<u>Yes</u>	No
Coverage of legally married partner available?	<u>Yes</u>	No
Coverage of domestic partner available?	Yes	<u>No</u>
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	104 hours	
Hours of Annual Paid Sick Leave	104 hours	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	<u>Yes</u>	No
Other Benefits (please describe): Please see additional information about VA benefits for psychology fellows at: Stipends and Benefits - Psychology Training (va.gov)		

Program tables updated 8.9.2022.

Initial Post-Residency Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

	2018-2022	
Total # of residents who were in the 3 cohorts	6	
Total # of residents who remain in training in the residency program	0	
	PD	EP
Academic teaching	0	0
Community mental health center	0	0
Consortium	0	0
University Counseling Center	0	0
Hospital/Medical Center	0	0
Veterans Affairs Health Care System	0	5
Psychiatric facility	0	0
Correctional facility	0	0
Health maintenance organization	0	0
School district/system	0	0
Independent practice setting	0	1
Other	0	0