



## **Welcome to the brochure for the VA Palo Alto Health Care System's *Psychology Predoctoral Internship Training Program* for the Behavioral Medicine Track!**

The Behavioral Medicine Track of the Psychology Internship Training Program at the VA Palo Alto Health Care System was the recipient of the 2012 **Behavioral Medicine Training Program Award** by the Society of Behavioral Medicine. Of the 15 internship slots in the Psychology Training Program, FOUR are in the Behavioral Medicine Track. Here you will find information specific to the Behavioral Medicine Track. Please see the general Psychology Training Program brochure for information about the general training program and additional rotation options.

*"The BMed track won that SBM award for a reason! My training experience was exactly what I'd hoped for, and I thank each of you for your time and support, as well as your dedication to your role as supervisors." -Former Resident*



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## GENERAL INFORMATION

Psychology residents who match to the Behavioral Medicine Track will spend half of their time in the Behavioral Medicine Program for the full year. The other half of the time will be spent on two external rotations (6 months each; see brochure on the general Psychology Training website for other rotation options). Within the Behavioral Medicine rotation, residents are involved in three main activities:

### Behavioral Medicine Seminar Series

### Behavioral Medicine Clinic

### Multidisciplinary Medical Specialty Clinics (Focus Clinics)

The **Behavioral Medicine Seminar Series** is held every Monday morning for the Behavioral Medicine Program staff and trainees (i.e., 4+ staff psychologists, 4 BMed track residents, 1-2 non-BMed track residents, 1 practicum student, 1 postdoctoral fellow). It consists of a team meeting, group supervision/case presentation, as well as a didactic series. The group supervision portion gives trainees the opportunity to discuss relevant clinical issues, present on individual therapy cases, and seek consultation from peers regarding specific cases and professional development issues. There is also a journal club element to the group supervision during which the resident presenting a case will discuss a relevant research article. The didactic series is a program of lectures on various behavioral medicine topics (e.g., chronic pain, insomnia, cardiac psychology, diabetes, transplant, primary care psychology, tobacco cessation) presented by behavioral medicine staff and external multidisciplinary staff (e.g., physicians, nurses, social workers).

*"Weekly didactics have made me much more knowledgeable about specific behavioral health issues, comorbidities, and assessment and interventions, which I have really enjoyed. Additionally, the variety of modes of supervision and availability of supervisors has been greatly beneficial. I have particularly enjoyed having the opportunity to video record my sessions and get feedback from supervisors and fellow trainees. The environment in Behavioral Medicine is supportive and the supervisors have been highly accommodating." -Recent Resident*

The **Behavioral Medicine Clinic** receives referrals from certain medical clinics within the health care system. We provide interventions for patients seeking treatment for chronic pain, insomnia, weight management, and coping with or adherence to chronic medical conditions like liver conditions or cancer. Residents carry a caseload of individual therapy patients. In addition, we run groups for our most common presenting concerns, including CBT-I, CBT-CP, CBT for weight management, and a CBT/Psychoeducational group for coping with cancer and beyond. Pre-surgical/medical

*"I have learned so much here and have grown as a clinician and psychologist in general. This clinic is so well integrated, so well managed, and so organized, that I will take it was a wonderful example of what this work can look like." -Recent Resident*

evaluations are also done in this clinic, including transplant evaluations, bariatric surgery evaluations, and evaluations for gender-affirming care.

The ***Focus Clinics*** are medical specialty clinics where the Behavioral Medicine Staff are embedded on the multidisciplinary and interdisciplinary teams. See the Clinic Descriptions page for more information regarding the medical specialty clinics we cover and the other disciplines involved. Each resident selects two focus clinics per 6-month rotation; therefore, Behavioral Medicine Track residents have the opportunity to do four different focus clinics during the course of the internship year.

*"I have enjoyed working with a variety of treatment teams, and learning through the variety of focus clinics to which I have been exposed. I have appreciated the ability to compare and contrast the different working styles of the various clinical teams in the focus clinic settings, and the ways in which behavioral medicine assessment and feedback is incorporated into the broader case conceptualization and treatment plan."*  
-Recent Resident

## CLINIC DESCRIPTIONS

**PAIN CLINIC:** Assessment and brief treatment of patients with chronic pain from a multidisciplinary perspective. The Pain Clinic is primarily an interventional pain clinic and consists of Pain Attending Physicians, Nurse Practitioners, and fellows, along with our Behavioral Medicine team. From a Behavioral Medicine perspective, the focus in clinic is primarily on assessment with some brief intervention (e.g., sleep management, use of pacing, relaxation strategies), although there are opportunities for follow-up outside of clinic. Residents gain familiarity with a broad range of pain syndromes and medical interventions, learn brief in-clinic psychological assessment/intervention with this population, gain skills in doing some pre-surgical evaluations (e.g., spinal cord stimulator placement), and learn strategies for integrating into a multidisciplinary team. Patients will primarily be seen in-person in conjunction with the medical clinic, but there may also be some opportunities for telehealth. Residents may also be able to observe a live interventional pain procedure (e.g., epidural steroid injection) if scheduling allows.

*4 hrs/week; usually see 2-3 patients/week*

On-site Supervisors: Priti Parekh, Ph.D. & Chantel Ulfig, Ph.D.

**HEMATOLOGY/ONCOLOGY CLINICS:** Assessment and brief treatment of patients diagnosed with Hematological and/or Oncological malignancies from a multidisciplinary perspective. Behavioral Medicine is currently embedded in three primary Hem/Onc Clinics: Oncology, Urology-Oncology, and Hematology. For residents, the focus in clinic is on introduction of Behavioral Medicine services, psychosocial distress screening in accordance with the American College of Surgeon's Commission on Cancer Standards for Care, identification of behavioral medicine concerns, triaging patient needs, and conducting brief interventions (e.g., pain management, sleep hygiene, behavioral activation, relaxation strategies) or longer-term interventions (e.g., adjustment to life-threatening illness, addressing end of life issues) for patients at different timepoints along the illness trajectory. Clinical services are primarily done in-person within clinic (e.g. medical clinic, infusion room), and there may also be opportunities for follow-up outside of clinic for ongoing therapy which may be in-person or via telehealth. Residents gain familiarity with a broad range of Hematological and Oncological disorders/disease, medical interventions, treatment side effects, and related sequelae; learn brief in-clinic and longer-term psychological assessment/intervention with this population; and develop strategies for effectively integrating into a multidisciplinary team (medical oncology/hematology, surgeons, nurse practitioners, fellows, nursing staff). Residents may also conduct bone marrow transplant (BMT) and/or Chimeric Antigen Receptor T-Cell (CAR-T) treatment evaluations.

*4 hrs/week; usually see 2-3 patients/week*

On-site Supervisor: Chantel Ulfig, Ph.D.

**MOVE TIME CLINIC (INTENSIVE WEIGHT MANAGEMENT AND BARIATRIC SURGERY):** MOVE! is the stepped-care, nationwide VA program aimed at helping Veterans with overweight and obesity lose weight and improve comorbid health conditions. The MOVE TIME Clinic is a unique interdisciplinary intensive weight management clinic at the top of a stepped care model that provides intensive assessment and treatment for patients who continue to struggle with weight loss and associated health concerns despite multiple attempts, and for patients who are medically/psychologically complicated. The clinic includes psychologists, physicians, physical therapists, dietitians, surgeons, and often medical students or residents. This clinic serves both patients within the VA Palo Alto HCS as well as patients from other VA hospitals in neighboring VISNs (e.g., from Montana, Idaho, Washington, Oregon, and Nevada). The patients are seen every 3-4 months and clinic appointments typically last 2-4 hrs. Most patients are considering bariatric surgery or bariatric endoscopic procedures, but some come for medical management of obesity, including consideration of weight loss medications. The team works closely with the bariatric surgery team. Psychology residents will gain experience working on an interdisciplinary team and conducting assessments with new patients focused on the relationship between obesity and their psychological health. Residents may also provide brief interventions for obesity, depression, anxiety/stress, sleep difficulties, and pain management. Residents will gain experience participating in the weekly interdisciplinary team meetings and with conducting triage and coordination of services with other members of the team and/or providers at other VAs. There is also an interdisciplinary journal club integrated into the clinic that provides the opportunity for residents to learn from and teach to providers from multiple disciplines. Residents may also conduct pre-bariatric surgery evaluations, join the monthly bariatric team meeting, and observe a live bariatric surgery, if scheduling allows. The clinic mostly operates virtually, but team meetings and clinical services may be done in-person, via telephone, and/or via telehealth.

*4 hrs/week; usually see 2-3 patients/week*

On-site Supervisor: Jessica Lohnberg, Ph.D. & Eric Lee, Psy.D.

**LIVER CLINICS:** Individual assessment and brief intervention with patients in Liver and Liver Transplant Clinics in the context of a multidisciplinary team, including hepatologists, nurse practitioners, and medical trainees. In the Liver Clinic, residents work with Veterans diagnosed with alcoholic cirrhosis, non-alcoholic fatty liver disease, Hepatitis C, and other liver conditions. Residents identify psychological or behavioral factors that may interfere with effective management of liver disease, and provide brief motivational interviewing (MI) interventions to target health behavior changes, such as reducing alcohol use, improving diet or increasing medical adherence. Residents assist patients with Hepatitis C to achieve psychosocial readiness for antiviral treatment and follow select patients over the course of treatment to provide support and promote successful completion. In the Liver Transplant Clinic, residents work with patients

who are pre-liver transplant and those who have already undergone transplant, with goals of improving patients' psychological adjustment to and management of their medical condition. Patients in the liver clinics tend to have significant drug and/or alcohol histories, so assessments and interventions tend to include MI and relapse monitoring and prevention strategies. Patients may be seen in person or via telehealth. Residents learn how to work effectively within a multidisciplinary team.

*4 hrs/week; usually see 2-3 patients/week*

On-site Supervisor: Priti Parekh, Ph.D.

**PULMONARY SLEEP CLINIC:** Assessment and brief treatment of patients with sleep-related complaints. Behavioral Medicine works the various sleep clinics at the VAPAHCS and is embedded within the Pulmonary Sleep clinic for Veterans presenting with a breathing-related sleep disorder (i.e. sleep apneas). The role of Behavioral Medicine residents is to provide initial psychosocial assessments for individuals endorsing sleep-related difficulties to assist with treatment planning, with insomnia being the primary presenting concern. When appropriate, residents provide brief intervention to Veterans, including treatments such as Cognitive Behavioral Therapy for Insomnia (CBT-I) and PAP adherence; residents also participate in a psychoeducation class on insomnia. The goal of this rotation is to understand the medical, psychological, and behavioral factors that impact sleep, and to learn to assess and intervene while working within a multidisciplinary team. Patients are seen primarily through telehealth modalities (i.e. VVC), with the option of in-person follow-ups when requested.

*4 hrs/week; usually see 2-3 patients/week*

On-site Supervisor: Eric Lee, Psy.D.

*"I have appreciated the opportunity to gain greater depth of training in areas of behavioral medicine in which I was previously interested, as well as branch out to gain greater breadth in my knowledge and experience of behavioral medicine concerns that were new to me this year. I felt comfortable taking risks and working with less familiar patient populations, knowing that my behavioral medicine supervisors were ready to provide support for new treatment contexts and approaches. I will leave internship with much improved clinical skills, thanks in part to the opportunities in behavioral medicine." -Recent Resident*

## STAFF BIOS



**Jessica Lohnberg, Ph.D.**

Dr. Lohnberg completed her undergraduate studies at the University of Arizona and subsequently worked for a pain clinic practice. She then worked in research at USC's Norris Cancer Hospital before pursuing a PhD in Counseling Psychology at the University of Iowa. She completed her predoctoral psychology internship at the Long Beach VA Healthcare System, and completed her psychology postdoctoral fellowship at the VA Palo Alto Health Care System in the Behavioral Medicine emphasis area. She is also the Director of Postdoctoral Training at VA Palo Alto and a clinical associate professor (affiliated) with the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. As one of the staff psychologists in the Behavioral Medicine Program, she works with the MOVE TIME (intensive weight management and bariatric surgery) Program. She is a member of the Psychology Training Committee, chairs the Evaluation Committee, directs the psychology postdoctoral fellowship training programs, and sits on a number of hospital-wide committees. Her clinical and research interests are in chronic pain, weight management, bariatric surgery, tobacco cessation, health behavior change, biofeedback, supervision/training, and process improvement. She was born and raised in California and in her spare time enjoys taking advantage of California's beautiful weather by doing outdoor activities such as hiking, kayaking, gardening, and barbecuing. She also enjoys pilates, traveling, and cooking—should you come to Palo Alto for internship, you might be able to sample the outcomes of her baking habit in seminar on occasion!



**Priti Parekh, Ph.D.**

Dr. Parekh completed a psychology internship at the Durham VA Health Care System and earned her doctorate in clinical psychology from Duke University, where she conducted research on psychological and behavioral factors in diabetes. During her postdoctoral fellowship in the Division of Behavioral Medicine at Duke University Medical Center, she provided clinical services to pre-and post-transplant patients and coordinated a multisite NIH-funded study of a telephone-based stress management intervention for patients awaiting lung transplant. Prior to joining the Palo Alto VAHCS, she was a staff psychologist at the Baltimore VA Medical Center, focusing on assessment and treatment of patients with chronic pain and HIV. Currently, she provides psychological services to Veterans within the GI-Liver/Hepatitis C and Pain Clinics. Her professional interests within health psychology include: chronic pain, liver diseases, diabetes, transplant, and telehealth. Outside of work, she enjoys hiking, yoga, and exploring Bay Area restaurants.





Chantel Ulfig, Ph.D.

Dr. Ulfig obtained a Bachelor of Science from Central Michigan University double majoring in Psychology and Family Studies, a Master of Science from University of Michigan Dearborn with a focus in Clinical Health Psychology, and earned her doctorate in Clinical Psychology from the University of Florida (UF). Dr. Ulfig's passion for providing psychological services to cancer patients was ignited while working in a Psycho-Oncology research lab at UF, where she obtained training in polysomnography and was actively involved in a randomized controlled trial

examining a cognitive behavioral therapy intervention for insomnia and pain among cancer patients. She completed both her pre-doctoral internship and post-doctoral fellowship in Clinical Psychology with an emphasis in Behavioral Medicine at the Veteran Affairs Palo Alto Health Care System (VAPAHCS). Following her postdoctoral fellowship, Dr. Ulfig joined the Behavioral Medicine team at VAPAHCS as a Staff Psychologist. As a Behavioral Medicine Staff Psychologist, she provides psychological services for Veterans within the multidisciplinary Oncology/Hematology Clinic and the Pain Clinic. Her clinical interests include: Psycho-oncology, fear of cancer recurrence, hospice/palliative care, coping with chronic illnesses, health behavior change, chronic pain, sleep disorders, and group psychotherapy. Identified as the 2021 Cancer Program Goal for the VAPAHCS Cancer Care Committee, Dr. Ulfig developed and implemented a psychoeducational therapy group for Veterans with a history of cancer, which she is incredibly excited about continuing to disseminate. Dr. Ulfig is also currently completing a Yellow Belt process improvement project to change administration of psychosocial distress screens in the Hematology/Oncology Clinics to be more align with NCCN guidelines and accreditation standards, and is hopeful for continued clinic benefits for both patients and providers. Outside of her professional interests, she enjoys exploring all of the beauty of California, visiting as many National Parks as possible, photography, traveling, golfing, and spending time with her family.



Eric Lee, Psy.D.

Dr. Lee completed his undergraduate degree at Carleton College, where he majored in Biology. He subsequently volunteered as an HIV test counselor at a community mental health clinic prior to starting graduate school at the PGSP-Stanford Psy.D. Consortium, where many of his clinical experiences centered around providing care to those with comorbid medical and mental health concerns. His dissertation studied the relationship between depression, coping, social support, and perceived stress in those living with HIV. He completed his

predoctoral internship with an emphasis in Health Psychology at the Cincinnati VA Medical Center, and his postdoctoral fellowship in Integrated Care Psychology in Primary Care at the San Francisco VA Health Care System. Following postdoc, Dr. Lee joined the Palo Alto VAHCS staff as a psychologist within the Primary Care-Mental Health Integration (PCMHI) clinic prior to joining the Behavioral Medicine team. His

clinical interests include: HIV and other chronic illnesses, primary care psychology, sleep disorders, chronic pain, and pre-surgical evaluations. Outside of his professional life, he enjoys traveling, catching up on his favorite shows, and exploring the Bay Area food scene.

*"Thank you so much for being such a supportive supervisor. It is evident that you love what you do and that helps to create a great environment in which to work and learn." -Recent Resident*

*"It has been such a pleasure working with you this year! I really admire how reliable, well-prepared, and knowledgeable you are—in every situation! Most of all, I appreciate your support and guidance. Thank you for pushing me to be a better clinician." -Recent Resident*

*"Thank you for the supervision and mentorship over the past months. Your guidance and listening ear has been immensely helpful in my growth!" -Recent Resident*

*"You have been such an integral part of my clinical experience. Thank you for teaching me to grow as a better clinician and team member. I have learned a lot this past year and will always remember your dedication to supervision, level of detail, and swiftness with emails." -Recent Resident*

*"The breadth, depth and quality of my training was unlike any experience I have had...In particular, I am grateful to have received stellar supervision from all BMed psychologists; each are distinct in their clinical and supervisory approach."*

## SAMPLE RESIDENT SCHEDULES

Below are 3 different sample schedules for residents on the Behavioral Medicine rotation. There is flexibility in how the schedule is crafted and there may be some variability each week among the time allotted for individual therapy, group, intakes, and evaluations.

	Notes/Admin
	BMed Seminar
	Individual Therapy/Assessment/Group
	Supervision
	Focus Clinic
	Non-BMed Rotation
	General Resident Seminar

### Sample BMed Resident Schedule 1

	MON	TUE	WED	THU	FRI	
8	BMed Mtg				MOVE TIME Clinic	
	BMed Seminar:					
9	Case Conf/					
	Journal Club					
10	& Didactic					
	Lecture Series					
11	Individual					
	Therapy Patient					
12	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
	Individual		General Resident Seminar	Pain Clinic	Notes	
1	Therapy Patient					
	BMed Indiv					
2	Supervision					
	Individual					
3	Therapy Patient					
	Notes					
4						

## Sample BMed Resident Schedule 2

	MON	TUE	WED	THU	FRI
8	BMed Mtg		Notes/Prep		Clinic Mtg/Prep
	BMed Seminar:		Liver Clinic		Hem/Onc Clinic
9	Case Conf/				
	Journal Club				
10	& Didactic				
	Lecture Series				
11	Notes				
12	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Notes				Individual
1	BMed Indiv		General Resident Seminar		Therapy Patient
	Supervision				Individual
2	Notes				Therapy Patient
					Transplant Eval
3					
4					Notes

### Sample BMed Resident Schedule 3

	MON	TUE	WED	THU	FRI
8	BMed Mtg			Notes/Prep	
	BMed Seminar:			Clinic Mtg	
9	Case Conf/			Pain	
	Journal Club			Clinic	
10	& Didactic		Individual		
			Therapy Patient		
11	Notes		Notes		
12	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
		Clinic Mtg/Prep		Individual	
1		Onc Clinic		Therapy Patient	
			General	BMed Indiv	
2			Resident	Supervision	
			Seminar		
3				Pain Management Group	
4				Notes	

## RESEARCH

While the Behavioral Medicine rotation is not a research rotation and the staff do not have research appointments, some of the staff are occasionally peripherally involved in research. Staff may also be involved in program development or evaluation projects as an adjunct to their clinical work. In addition, the postdoctoral fellow in the Behavioral Medicine Focus area has 20% protected research time. The following represent research that has been conducted within the Behavioral Medicine Program by staff and former postdocs:

### Publications:

- Lohnberg JA, Salcido L, Frayne S, Mahtani N, Bates C, Hauser ME, Breland JY. (2022). Rapid Conversion to Virtual Obesity Care in COVID-19: Impact on Patient Care, Interdisciplinary Collaboration, and Training. *Obesity Science and Practice*, 8, 131-136. doi: 10.1002/osp4.550
- Eisenberg, D., Lohnberg, J. A., Kubat, E. P., Bates, C. C., Greenberg, L. M., & Frayne, S. M. (2017). Systems innovation model: An integrated interdisciplinary team approach pre- and post-bariatric surgery at a veterans affairs (VA) medical center. *Surgery for Obesity and Related Diseases*. Advance online publication. doi: 10.1016/j.soard.2016.11.007
- Stanton, M. V., Matsuura, J., Fairchild, J. K., Lohnberg, J. A., & Bayley, P. J. (2016). Mindfulness as a weight loss treatment for Veterans. *Frontiers in Nutrition*, 3. doi: 10.3389/fnut.2016.00030
- Tedesco, M., Hua, W. Q., Lohnberg, J. A., Bellatorre, N., & Eisenberg, D. (2013). A prior history of substance abuse in Veterans undergoing bariatric surgery. *Journal of Obesity*, 2013, 1-5.

### Presentations:

- Snyder, H., Sartre, D. D., Shumway M., Batki, S., Ostacher, M. J., Tompkins, D.A., Monto, A., Wong, R.J., Cheung, R., Parekh, P., Hua, W., Widiarto, D., Oh, S.E., Liao, M., & Khalili, M. (2023) *Alcohol use and substance use treatment engagement among patients with alcohol-associated cirrhosis in three hospital-based hepatology practices*. Poster presented at the 2023 meeting of the College on Problems of Drug Dependence.
- Snyder, H., Satre, D.D., Shumway, M., Bakti, S., Ostacher, M.J., Tompkins, D.A., Monto, A., Wong, R.J., Cheung, R., Parekh, P., Hua, William, Widiarto, D., Oh, S. E., Liao, M., & Khalili, M. *High engagement and satisfaction with telehealth services among underserved cirrhosis patients across three healthcare systems during the COVID-19 pandemic*. Paper presented at the 2022 meeting of the American Association for the Study of Liver Diseases.
- Mahtani, N., Lohnberg, J.A., Frayne, S., Hauser, M.E., Salcido, L., Bates, C., & Breland, J.Y. *Rapid Implementation of a Virtual Interdisciplinary Weight Management Clinic: An Innovative Approach*. Research Spotlight Presentation at the 42<sup>nd</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, April 2021, Virtual.
- Hauser ME, Bates C, Wischenka D, Guzman D, Hardin E, Lohnberg J, Frayne S. *A Novel Weight Management Program for Veterans: Lifestyle Medicine-enriched Shared Medical Appointments Plus Telephone Follow-up*. (Poster Presentation) American College of Lifestyle Medicine Annual Conference. Orlando, FL. October 28-30, 2019.
- Gumidyala, A.P., Lohnberg, J.A., Morrow, V.M., & Onyiaj, J. (2018, April). *Extending the reach of psychology to gastroenterology clinics: Veteran interest in integrated care*. Poster presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- McCallion, E. A., Dodd, S. M., Chwick, K., Ivan, I., Wong, S., Pan, T., Yang, J., Shindel, C., & Carson, R.

- (2017). Evaluating Psychosocial Distress in Veterans and Their Caregivers at the Palo Alto VA. In *Federal Practitioner: Proceedings of the 2017 Association of VA Hematology/Oncology Annual Meeting*, 5, 23.
- Lohnberg, J.A., Greenberg, L.M., Bates, C., Breland, J.Y., Frayne, S., & Eisenberg, D. (2017, March). *Translating evidence-based practice guidelines into patient-centered obesity care*. Poster presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
- Dodd, S. M., Goyal, N., Ivan, I., Shindel, C., & Wong, S. (2017, March). *Utilizing standards of care to promote psychology integration into medical teams: A program development project to meet the American College of Surgeon's Commission on Cancer (ACS COC) Cancer Program Standards*. Poster presentation at the 8<sup>th</sup> National Conference of the Association of Psychologists in Academic Health Centers, Detroit, MI.
- Eisenberg, D., Lohnberg, J., Kubat, E., Bates, C., Greenberg, L., & Frayne, S. (2017, February). *A systems innovation model: An integrated interdisciplinary team approach to a VA bariatric clinic*. Poster presented at the 12<sup>th</sup> Annual Academic Surgical Congress (ASC), Las Vegas, NV.
- Dodd, S. M., Goyal, N., Chwick, K., Gumidyala, A., Sewell, K., Collison, E., & Yu, J. (2016). Implementing Psychosocial Distress Screening at the VA Palo Alto Health Care System: Lessons Learned and Future Directions. *Federal Practitioner*; 33, 24S.
- Lohnberg, J.A., Greenberg, L.M., Bates, C., Breland, J.Y., Frayne, S., & Eisenberg, D. (2016, June). *Interdisciplinary and interfacility partnerships for patient-centered obesity care*. Poster presented at the 19<sup>th</sup> Annual VA Psychology Leadership Conference, San Antonio, TX.
- Stanton, M. V., Fairchild, J. K., Matsuura, J., Lohnberg, J. A., & Bayley, P. J. (2015, January). *Mindfully eating, mindful living: Combining mindfulness and cognitive behavioral therapy for weight loss in Veterans. Protocol overview and preliminary results*. Poster presented at the 13<sup>th</sup> Annual Stanford University Community Health Symposium, Palo Alto, CA.

## ALUMNI INFORMATION/OUTCOMES:

### Where have recent alumni gone for postdoc?

Brown University  
Postdoctoral Research Fellow (T32)

Drexel University  
Research Postdoctoral Fellow

Loyola University Medical Center, Chicago  
Behavioral Medicine Fellow

Mayo Clinic Department of Psychiatry & Psychology  
Clinical Health Psychology Postdoctoral Fellowship

Memorial Sloan-Kettering Cancer Center  
Postdoctoral Fellow

Milwaukee VAMC  
Palliative Care Emphasis Area

Phoenix VA  
PC-MHI Emphasis Area

Portland VA  
Primary Care Psychology Emphasis Area

Stanford University  
Department of Psychiatry (Athletes Focus, Clinical Fellowship, Behavioral Sleep Medicine Fellowship)  
T32 Postdoctoral Training Fellowship at Stanford Prevention Research Center (Research)

Tripler Army Medical Center  
Clinical Health Psychology Fellow

UCLA Department of Psychology  
Biobehavioral Issues in Mental and Physical Health Research Fellowship

University of California San Francisco, Osher Center for Integrative Medicine  
Training in Research in Integrative Medicine (TRIM) Fellow

University of Kansas Medical Center  
Behavioral Medicine/Psycho-Oncology Postdoctoral Fellow

University of Pittsburgh  
Cardiovascular Research Postdoctoral Fellow (T32)

VA Boston Health Care System  
Behavioral Medicine focus area

VA New Jersey Health Care System  
WRIISC Psychology Postdoctoral Fellow (Clinical/Research)

VA Northern California Health Care System  
Integrated Care/Behavioral Medicine Postdoctoral Fellow

VA Palo Alto Health Care System:  
Behavioral Medicine Focus Area  
WRIISC Complementary and Integrative Research Fellow  
Palliative Care Focus Area

VA San Diego Healthcare System  
Women's Mental Health Clinical Research Fellowship  
Mood Disorders and Interdisciplinary Care



VA San Francisco Health Care System  
Integrated Care Psychology in HIV and Liver Disease  
Integrated Care Psychology in Primary Care  
Wake Forest School of Medicine  
Postdoctoral Research Fellow in Cancer Survivorship and Control

### Where have recent alumni been hired?

Beck Community Initiative, University of Pennsylvania  
California State University, East Bay  
Humboldt State University  
Kaiser Permanente, Fremont  
Kansas University Medical Center  
Lantern (startup)  
Minneapolis VA Health Care System  
Oregon Health Sciences Center  
Rush University Medical Center  
Stanford University School of Medicine  
Tampa VA Medical Center  
Two Chairs Therapy Clinic  
University of California San Francisco  
University of Massachusetts Medical School  
University of San Francisco  
VA Palo Alto Health Care System  
VA San Francisco Health Care System  
VA Eastern Colorado Health Care System  
Women's Wellness Psychiatry

### What positions have recent alumni had?

Clinical Psychologist, Neurology  
Clinical Program Manager  
Digital Behavioral Health Researcher  
Behavioral Health Psychologist  
Staff Psychologist Behavioral Medicine  
Primary Care Psychologist  
Clinical Health Psychologist  
Pain Psychologist  
Staff Psychologist, Oncology  
Health Behavior Coordinator  
Mental Health Clinic Psychologist  
Clinical Psychologist  
Transplant Psychologist  
Behavioral Medicine Psychologist  
Assistant Professor  
Behavioral Health Specialist  
HIV/HCV Psychologist

GI Psychologist

Clinical Health Psychologist in Medical Psychology, Pre-Surgical Consultation & Rehabilitation

Staff Psychologist, Counseling & Psychological Services

Integrated Care Psychologist

## TESTIMONIALS

### ***Expressions of appreciation from past trainees:***

“Thank you for an amazing year at BMed! I greatly appreciated your support and guidance throughout the year, and value our time in supervision. And thank you for always recognizing our achievements...those touches really made this year especially memorable!”

“Thanks for all your support and guidance this year. It has really been an amazing training experience and I cannot believe how quickly it has flown by.”

“This year has been amazing! I feel that I’ve learned so much in the BMed rotations, and from your helpful supervision and professional mentoring. This ending is bittersweet, and I feel so lucky and grateful for my time with you all over the past year.”

“This year has been an incredibly enriching growth opportunity, and I appreciate your support, guidance, and mentorship.”

“It is hard for me to put into words how thankful I am for the amazing experiences that I had in BMed this year. I am so appreciative of your support along the way, and I loved learning from you! You have contributed to my sense of mastery and have allowed me to grow into a more confident clinician (and person).”

“Within the Behavioral Medicine Service...I have had the opportunity to work with Veterans with a wide range of medical, psychological, and substance use issues and histories. I have had the opportunity to work with a diverse patient population and have received outstanding supervision and training through didactic instruction. The supervision...on the Behavioral Medicine rotation has been excellent and integral to my training experience. The breadth and depth of clinical experiences available has been fantastic.”

“The breadth, depth and quality of my training was unlike any experience I have had...In particular, I am grateful to have received stellar supervision from all BMed psychologists; each are distinct in their clinical and supervisory approach.”

“I want to say thank you for all the great opportunities and training experiences you have provided me...I have truly loved my time in BMed. I have learned so much and I will cherish these experiences forever.”

## PHOTO GALLERY

Pictures of our Behavioral Medicine Family : [Palo Alto BMed](#) | [Flickr](#)

2023-2024



2022-2023



2021-2022



2020-2021



2019-2020



2018-2019





2017-2018



2016-2017



2015-2016



2014-2015



2013-2014



2012-2013









