

Psychology Externship Program

VA New York Harbor Healthcare System
Brooklyn Campus

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Dear Psychology Externship Applicant:

Thank you for your interest in the VA New York Harbor Healthcare System-Brooklyn Campus (VANYHHS-BC) Externship. Our program strives to support professional growth from a developmental and culturally sensitive model that enables trainees to discover their own clinician style. We focus on providing students with a clinically intense learning experience that can include individual and group psychotherapy, assessment, as well as seminars and experiential group activities.

Although all Veterans share a common history of serving in the military, they differ across and within multiple aspects of identity (e.g., age, sex, gender, acculturation) and life course. Veterans can present with a variety of symptoms, including substance abuse, posttraumatic stress disorder, grief and loss, depression, anxiety, personality disorders, problematic anger, health behavior change, chronic pain, aging and cognitive and functional decline, among other difficulties. Externs apply to work with a specific supervisor(s) during a year-long rotation as described below. Each rotation offers opportunities for individual therapy and many offer group therapy, and some may offer assessment experiences (e.g., use of measurement-based care, psychodiagnostics tools, neuropsychological assessment).

To support clinical and professional development, externs attend additional experiential and didactic seminars. Externs leading groups have the opportunity to participate in a supervision group in which they are supervised by a licensed clinical psychologist on their group psychotherapy experiences. In addition, externs attend weekly didactics based upon clinical psychology training competency guidelines: clinical intervention, assessment and differential diagnoses, diversity, consultation and interprofessional teams, ethics and legal standards, professional values/attitudes/behaviors, and research. Additionally, externs are matched with current psychology interns for a supervisory experience. Supporting social connection and professional cohesion amongst externs is also highly valued by our program. Externs participate in an extern process group facilitated by an outside consultant. We also offer additional opportunities throughout the year to foster community and connection amongst learners within and across sites (e.g., trainee lunch).

The externship year runs from September through May and is two days per week with Friday being a required day for the Brooklyn campus positions. Some clinic assignments require attendance on other days due to the nature of the clinical rotation and there is an option to extend through the summer.

Please note that we will accept applications from students who are concurrently applying for internship. Externship interviews will be conducted virtually. We welcome you to check-in on the status of your application and consideration at our site.

A note on transition to telework: As of Fall 2022, externs transitioned to a hybrid work schedule with the opportunity to work on-site and telework. We plan to continue working in this hybrid model for the foreseeable future. At present, most of our supervising psychologists are on site three days a week and are teleworking two days a week (while some are onsite full time). Going forward, while we cannot definitively predict how specific rotations or adjunctive training opportunities may evolve for 2024/2025 training year, we do know with certainty that there will continue to be utilization in telehealth and technology-based delivery platforms. Should there be any unforeseen changes in health service delivery (e.g., public health crises), we are committed to balancing the need to serve our Veterans while also

remaining steadfast in providing high quality training and supervision. As such, telework and providing virtual care could be utilized in the future if needed.

If you have questions you may contact our Co-Directors of the Externship via email or phone: Julija Stelmokas, Psy.D., Julija.stelmokas@va.gov, and Wing Jin Mak, Psy.D., Wing.mak@va.gov, 347-244-5900. Our program is always happy to answer any questions as you consider applying to our site.

Sincerely,

Julija Stelmokas, Psy.D.
Externship Program Co-Director

Wing Jin Mak, Psy.D.
Externship Program Co-Director

VA, New York Harbor Healthcare System, Brooklyn Campus

ROTATION OVERVIEW

****In the first paragraph of your cover letter, please rank up to two clinic area assignments in which you are interested.****

Substance Use Disorders (SUDS) Rotation [NOT RECRUITING THIS YEAR]

Supervisors: Melissa Magnotti, Ph.D.

Externs on the SUDS rotation will provide individual and group psychotherapy to patients (using a mixture of in person and virtual modalities) struggling with mild to severe addiction, as well as patients in recovery. Externs also do intakes and learn to assess substance use, apply interventions specific to substance use issues, and learn when and how to make referrals to a higher level of care (for example, inpatient rehab).

Most patients have a history of trauma or other stressors and often their use as an attempt to cope with such things. Externs will learn how to work with patients to address their use as well as the issues that may underlie them. Some concepts externs will learn about in their clinical work include motivational interviewing, recovery, harm reduction, working with relapse, dynamics of defenses in substance use, and the AA meeting model. The group experience of this rotation right now is a process-oriented therapy group for Vietnam veterans with combat related PTSD. There may also be an opportunity to start a second group focused on patients struggling with addiction.

There may also be an additional opportunity to participate in an interdisciplinary, NY Harbor-wide committee that discusses cases of veterans who need special care plans to address their disruptive behavior in the hospital. Often this disruptive behavior is related to substance use. This is a unique opportunity to experience the role of a psychologist as the administrative lead of a nationally defined, cross-campus committee, and to work collaboratively with other departments within the larger NY Harbor Healthcare system. It also provides the opportunity to learn how a psychologist's role can make an important impact at not only the individual patient level, but to the larger hospital community. This would be as schedules and interests allow.

Biofeedback Clinic/Outpatient Psychotherapy Rotation [NOT RECRUITING THIS YEAR]

Supervisor: Amy Malkin-Ingoglia, Ph.D.

Biofeedback is a psychophysiological therapy in which patients are connected to sensors that give feedback about physiological activity and reactions (e.g., heart rate, muscle tension, respiration rate) in real-time. This information can be used to help patients recognize, understand, and ultimately change their patterns of fight or flight response. Biofeedback is used to help patients with a number of issues such as chronic pain, insomnia, and anxiety. In this rotation, externs will complete intake assessments for biofeedback patients, teach patients mindfulness skills to prepare them for biofeedback work, and learn how to use biofeedback in a clinical setting. In addition to a biofeedback caseload, externs can also carry a small caseload of more traditional psychotherapy cases (CBT or psychodynamic). This rotation is well-suited for an advanced extern who is interested in health psychology/behavioral medicine. Please note that this rotation is on Wednesdays and Fridays and requires the extern to be on-site both days.

Posttraumatic Stress Disorder (PTSD) Clinic

Supervisor: Julia Kurtz, Psy.D

The PTSD Clinic provides outpatient PTSD specialty care to a diverse group of veterans diagnosed with PTSD (and other comorbidities) regardless of trauma type. The clinic is multidisciplinary and is comprised of psychologists, psychiatrists, social workers, and nurse practitioners. An extern in the PTSD Clinic can expect to conduct a mixture of in person and virtual care that includes trauma focused intake evaluations, individual therapy, and participate in weekly group intake supervision/triage with the PTSD Clinic intern.

Staten Island CBOC Mental Health Externship

Supervisor: Vivian Mancino, Ph.D

Externs will have the opportunity to provide individual psychotherapy to a diverse population of veterans struggling with a myriad of issues including Post Traumatic Stress Disorder, Depression and Anxiety. Externs will be located one day in the Staten Island Community VA Clinic and one day remote (mixture of in person and virtual modalities of care are offered). Externs will receive supervision in the provision of short-term evidence-based treatments.

Psychosocial Rehabilitation and Recovery Center (PRRC) [NOT RECRUITING THIS YEAR]

Supervisors: Daniel Feld, Psy.D., Katelyn Zmigrodski, Psy.D

Externs working in the PRRC have the opportunity to provide a full range of psychological services in a milieu therapy program to veterans who require intensive mental health treatment. Currently, there are approximately 20-25 veterans enrolled in the program diagnosed with a wide range of mental health problems within the severe range pathology, including combat-related PTSD, schizophrenia / other psychotic disorders, major depressive disorder, bipolar disorder, anxiety disorders, high risk/suicidality, and personality disorders secondary to another diagnosis. Many of the veterans in the PRRC also have co-morbid medical problems. As such, the PRRC focuses on a holistic model of care that addresses all aspects of the veterans' lives, including mental health, physical health, and multicultural identities. Veterans enrolled in the PRRC attend group programming, which includes psychotherapy groups, music therapy, recreational therapy, peer led groups, and health education groups. We are currently open and externs would provide a mixture of in-person and virtual work, with the clinic being open in-person Monday through Thursdays, and virtual only on Fridays. Externs on this rotation are involved in conducting initial screenings and assessments, carrying a caseload of 4-7 individual cases, co-facilitating and leading various groups (psychoeducational, skills based, and process groups).. Externs on this rotation also have the opportunity to work on an interdisciplinary team with psychologists, a social worker, a clinical nurse specialist, a creative arts therapist, a recreational therapist, a peer specialist, and psychology interns/extern, as well trainees from other disciplines. Externs will learn about the recovery model of care and, specifically, how to build upon each veteran's strengths and work collaboratively towards their treatment goals.

The PRRC rotation runs from September to May with options to start early or extend. Given the rotation requires 2.5 days, students who can commit to 20 hours/week are encouraged to apply.

Military Sexual Trauma (MST)

Supervisor: Shalini Sehgal, Psy.D.

Military Sexual Trauma or MST is the term used by the VA to refer to experiences of sexual assault or sexual harassment that a veteran experienced during his or her military service. Via a mixture of in-person and virtual care, externs carry a caseload of individual psychotherapy with survivors of MST. As MST is an experience and not a diagnosis, an Extern can expect to see a wide range of mental health issues. Referrals for MST Consultation come from a variety of sources, including primary care physicians, primary care mental health, veteran self-referrals, and other mental health clinicians. Externs on this rotation acquire knowledge and skills in working with shame, self-blame, anger/impulse control, impaired affect, and dissociative symptoms. Externs are expected to work in collaboration with other medical professionals, particularly psychiatry. Externs may also co-facilitate *Trauma Information Group*, utilizing a combined relational and psychoeducational group treatment protocol for sexual trauma survivors. Externs may have the opportunity to engage in hospital-wide staff education and training related to MST. Externs are also involved in Sexual Assault Awareness month activities, including planning and participation in the annual MST Clothesline Project.

Community Mental Health and Psychoanalytically Informed Group and Individual Psychotherapy Outpatient Services at St. Alban's MH/BHIP [NOT RECRUITING THIS YEAR]

Supervisor: Annie Lee Jones, Ph.D.

Externs will have wide exposure to an ethnically and racially diverse population of veterans who are from the local community and the nearby NYS Nursing Home. They present with a broad spectrum of mental health issues complicated by developmental, social, and economic issues in addition to combat experiences. Childhood and other types of traumatic experiences may also present themselves. The extern will provide individual and group psychotherapy to this population, focusing on the development of relational skills and strategies for behavioral changes in their personal lives.

This rotation is 16 hours a week using in-person and virtual modalities. The St. Albans campus is easily accessible via the Long Island Rail: 30 minutes from Penn Station, Grand Central, or Atlantic Terminal, as well as MTA train and bus services. Currently the MTA bus that services the St. Albans Campus is free of charge.

Primary Military Sexual Trauma with Secondary General Outpatient and Community Living Center

Supervisor: Elaine Lavin, Psy.D.

Externs on this rotation will spend most of their time focused on Military Sexual Trauma (MST). MST is the term used by the VA to refer to experiences of sexual assault or sexual harassment that a veteran experienced during their military service. As MST is an experience and not a diagnosis, Externs can expect to see veterans with PTSD and a wide range of other mental health issues for individual psychotherapy. Treatment will be a mixture of shorter and longer term work, and vary in degree of trauma focus. Externs will also co-facilitate *Trauma Information Group*, utilizing a combined relational and psychoeducational group treatment protocol for sexual trauma survivors. Externs can expect to acquire knowledge and skills in working with shame, self-blame, anger/impulse control, impaired affect, and dissociative symptoms. Externs have the opportunity to work with two psychologists, interns, and other externs as part of the MST team.

The General Outpatient portion of the rotation consists of individual psychotherapy with veterans with a wide range of potential presenting problems, and co-leading a drop-in DBT skills group.

The Community Living Center (CLC) is a skilled nursing facility located on the VA's St. Albans Campus in Eastern Queens. Veterans residing in the CLC are there for short stay rehab, hospice, or long term care. Externs will see 1-4 CLC residents for individual psychotherapy. This part of the rotation provides externs with the opportunity to dip their toes into the wide world of geropsychology. Common treatment themes include issues of dependence/independence, ethical dilemmas, impact of trauma in later life, meaning making, cognitive concerns, and end of life issues. Interested externs may deepen their experience by participating in interdisciplinary team meetings.

This rotation is 20 hours a week with Tuesdays or Wednesdays (extern's choice) at the Brooklyn campus, Thursdays at the St. Albans campus, and Fridays remote. The St. Albans campus is easily accessible via the Long Island Rail: 30 minutes from Penn Station, Grand Central, or Atlantic Terminal at a cost of \$5 each way.

Outpatient Neuropsychology

Supervisor: Julija Stelmokas, Psy.D., ABPP-CN with additional supervision coverage by Valerie Abel, Psy.D., ABPP.

Neuropsychological assessment can assist in diagnostic clarification and prediction of long-term outcomes. A neuropsychological evaluation can be a therapeutic experience whereby patients and their family members can increase their understanding of symptoms and identify treatment options that can improve their quality of life. The extern will have the opportunity to complete biopsychosocial interviews, administer/score/interpret results from neuropsychological tests using a fixed-flexible battery, utilize other psychodiagnostic instruments (e.g., structured clinical interviews, MMPI), and write reports tailored for multiple audiences within a fast-paced, multidisciplinary hospital setting. The extern will work with a variety of conditions such as mild cognitive impairment and dementia, neuromedical disorders, chronic health disease, and other neuropsychiatric presentations (e.g., polytrauma). The extern will gain knowledge and skills in delivering effective and patient-centered feedback to Veterans and other stakeholders (e.g., family members, consulting providers). Formal training in delivering feedback will be provided. There is also opportunity to develop a "mini rotation" to increase competencies in delivering neuropsychological interventions (i.e., cognitive rehabilitation, post-feedback recommendations follow-up) and deliver neuropsychological services within co-located models (e.g., geriatric primary care) depending on the extern's interest and training goals. A competency and strength-based approach to supervision will be utilized with a focus on building necessary skills towards culturally humble and inclusive practice.

Although externs pursuing a variety of career pathways are welcome to apply, preference will be given towards those seeking clinical neuropsychology specialization. All clinical evaluations will be expected to be completed on site and face to face. Opportunities for remote work for report writing and feedback can be available.

Palliative Care/Oncology

Supervisor: Sabrina Esbitt, Ph.D..

The palliative care/oncology practicum slot will allow psychology trainees to gain unique clinical experiences working with veterans and caregivers followed by our interprofessional palliative care team, veterans receiving renal dialysis, and in our hematology/oncology service. Assessment and psychotherapy for psychosocial issues that affect veterans and families dealing with life-threatening illness or end-of-life are key components of this rotation. Externs will have the opportunity to work with veterans and families on an outpatient basis, as well as bedside and during treatment (chemotherapy or renal dialysis). Brief cognitive and mental/behavioral health assessments are utilized to clarify diagnosis, better understand capacity for medical decision-making, and to treatment plan. Adjustment to illness, loss, disability, caregiver stress, demoralization, challenges with loss of meaning, trauma and stage-of-life transitions are common. Evidence-based interventions are highlighted as well as opportunities to participate in interprofessional team meetings. Depending on referrals and extern interest, there may be opportunities to conduct comprehensive mental health evaluations for candidacy for kidney transplant or for spinal cord stimulator implant. Please note that this rotation requires all direct clinical work to be completed in person.

POLICIES REGULATING THE PSYCHOLOGY EXTERNSHIP PROGRAM

A. STRUCTURE OF EXTERNSHIP PROGRAM

The Psychology Externship Training Program is structured to provide an integrated and coordinated approach to training. Training is considered a responsibility of every staff member who is included in some function of the program.

1. The Psychology Externship Program is under the administration of the Department of Mental Health, Psychology Section and is administered by the Chief of Psychology and Assistant Chief of Psychology/Training Director. The Psychology Training Committee is composed of Chief of Psychology, Assistant Chief of Psychology/Training Director, supervisors, and staff psychologists.
2. The Externship Training Committee regulates the policies and procedures of the externship program. Individual supervisors are responsible for interviewing and selecting externs. The Training Committee is responsible for reviewing and evaluating externs' progress and certifies successful completion of the externship program.
3. The Externship Training Committee oversees the development and evaluation of clinical and didactic experiences for the externs.
4. Through regularly scheduled meetings, the Externship Training Committee engages in periodic review of the program to ensure that the philosophy, objectives and procedures of the program are adequately addressed.
5. An extern representative is invited to attend Externship Training Committee and provide summative feedback, questions, and other needs from the externship cohort.

B. APPLICATION PROCEDURE FOR PSYCHOLOGY EXTERNSHIP PROGRAM

The Training Committee follows the guidelines set by the Psychology Internship Directors of New York State and New York/New Jersey Association of Directors of Training.

1. Please submit applications through the NYNJADOT-PSYDNYS EXTERNSHIP portal only: (nynjadot.apa.org).
2. Applications are solicited and received by the Externship Directors. Rotation supervisors review applications, contact applicants directly, and interview applicants. Interviews will be held between January and February.
3. The application materials consist of: Curriculum Vitae, a letter of readiness from the applicant's program, two letters of recommendation, and graduate transcripts. Please include all materials in one PDF file. If your recommender prefer to send the letter of recommendation directly to us, please email it to wing.mak@va.gov.
4. A personal interview with a staff psychologist is required of each applicant.

C. ADMISSION PROCEDURE

Applicants are screened based on VA policy. Please see here for more information about eligibility: [Resources for Health Professions Trainees Coming to VA | Eligibility and Forms - Office of Academic Affiliations](#)

Applicants must be enrolled in an APA accredited doctoral program in clinical or counseling psychology. All applicants must have a social security number and will undergo background check and finger printing. They can also be subject to drug testing [VA Drug-Free Workplace Program Guide for Veterans Health Administration Health Professions Trainees](#).

For non-US citizen: Non-US citizen HPTs will be eligible to receive a without compensation (WOC) appointment if legally able to live and work in the US. Please see here for more information: [Am I Eligible? Checklist for VA HPTs](#)

Due to COVID-19 pandemic, all VA employees including externs, are required to be fully vaccinated against COVID-19 and will be asked to provide proof of vaccination. Exceptions for medical or religious reasons can be requested.

D. TRAINING ASSIGNMENTS

Externs are assigned to one clinical service area for the duration of the externship training year, with additional assignments/opportunities as indicated in the descriptions above. Each of these clinical areas may require the extern to be present on specific days, with Fridays being required for all externs for didactics and group for group supervision for those externs participating in a clinical group experience.

E. SUPERVISION

Supervision is viewed as a process of learning about the treatment of patients and oneself in relation to them. Externs and supervisors work closely together. These relationships are a critical element in the training process.

1. Trainees will be provided with a balance of in-person and virtual supervisory experiences. Suitability for tele-supervision will be evaluated on an ongoing basis by the supervisor and training committee.
2. Supervision takes a number of forms: 1-hour weekly individual supervision, 1-hour weekly group-for-group supervision (for those leading year-long group experiences), 1-hour weekly didactics
3. At least one hour of individual supervision is provided weekly for each rotation, however, some rotations will provide more than 1-hour of individual supervision.
4. Supervisors must have a doctoral degree in psychology from an APA accredited institution and have completed an APA accredited internship. They must also have State Certification/License.

F. TELEWORK

Telework refers to an arrangement in which an individual is expected to work both at the facility worksite and an alternative worksite, such as the their residence, on a recurring and/or ad hoc basis. Currently, externs can have the option of a hybrid schedule, with the schedule determined based on rotation needs and discussion with extern and supervisor. Program directors and supervisors may reassess or prohibit telework if it is deemed incompatible with the learner's educational goals or concerns for professionalism. In addition to orientation, there may be instances during the year in which trainees are invited on site for in person didactic and professional development opportunities, this is to facilitate interprofessional team collaboration, individualized care for our Veterans, and physical connection with our VA facilities and operations.

G. SCHEDULES

1. The training program requires a minimum of 500 hours to be completed within the academic year, September through May, with some exceptions for externs to stay until September (or extend further) depending on rotation and supervisor.
2. The externship is generally two days weekly, with Friday being a required day (for exceptions, please see rotations descriptions above). Your tour of duty is 8:00 AM to 4:30 PM, unless otherwise determined with the Directors and your supervisor.
3. We expect that externship is your main priority during the days you are with us, whether that is working remotely or on-site. We encourage conversations with your primary supervisor(s) and training directors surrounding work-life balance, and maintaining clinical priorities during your clinical training.

4. Externs have 11 days off for vacation or illness through May. There are 11 Federal holidays that count toward these days off if they should fall on a scheduled externship day. Please see here for a list of the federal holidays: [Federal Holidays](#)

This is to ensure that externs are meeting the required 500 hour minimum. Additional leave will be prorated if the externship extends past May. If an extern's rotation extends through the summer, they are given one day per leave for each month extended past May. When days are taken off, the extern must notify their supervisor in advance and arrange coverage for patients. If an extern is sick, they must notify their supervisor as soon as possible and arrange for patient notification or coverage. Externs and supervisors should keep track of requested leave.

5. If you wish to extend your original end date and confirmed with your immediate supervisor, externs are required to notify BOTH the program support specialist and co-directors to ensure that access to the VHA network remains during the specified period.

H. PSYCHODIAGNOSTIC and NEUROPSYCHOLOGICAL TESTING

The neuropsychology rotation provides a formal experience in testing. All other rotations may not necessarily have testing as a formal component; however, some may include administration and interpretation of patient reported outcome measures, cognitive or mental status screening, and other psychodiagnostics tools into their rotations. Other testing experiences but may be available on a case-by-case basis depending on clinical area and supervisor.

I. COMPUTER ACCESS

Externs are given access to computers while onsite equipped with software to perform word processing, email, Internet access, and the hospital-wide recordkeeping system (CPRS). Externs are expected to utilize the CPRS for all medical record charting and to follow standard procedures regarding maintaining confidentiality of patients' medical records. Given the option for hybrid work, externs will also be expected to have a working computer in order to complete clinical and administrative duties via remote access during telework days.

J. CONFIDENTIALITY

Confidentiality of client contacts and records must be cautiously maintained.

1. Psychologists follow the procedures of confidentiality as outlined in the American Psychological Association's publication "Ethical Principles of Psychologists."
2. On units where a team approach is employed, matters received in confidence by a psychologist may and must be extended to the other members of the therapeutic team. When this occurs, the confidentiality is equally binding on all members of the team.
3. Confidential material should never be released to individuals or agencies outside the hospital except through those channels legally established by the hospital and then only after obtaining a written release from the patient. All correspondence concerning patients must be approved by the supervising psychologist and released through the Correspondence Office.
4. Temptations to share clinical experiences with colleagues in inappropriate settings (e.g. elevators) should be resisted, even if names are not used.

5. If sessions are to be recorded for supervisory purposes, patients are to be so informed and consent granted prior to recording. A progress note should indicate that the patient agreed to the recording. Recording (via Audacity) or a manual tape must be stored behind VA firewall if electronic or double-locked (and remain on site).

6. Discretion, professional judgment and supervisory guidance should all be used in deciding how much detail needs to be put in a patient's chart. In 1996 the US Dept. of Health and Human Services released guidelines (Health Insurance Portability and Accountability Act—HIPAA) on patient confidentiality and charting. The VA respects and practices these guidelines.

K. SCHEDULING ROOMS

Externs can be assigned a private office or a shared work-space, with opportunities to “check out” an office as needed for individual sessions.

L. EVALUATIONS

Evaluation of externs is an ongoing process. We provide verbal evaluation as well as written evaluations as required by the extern's training program. Externs will also complete evaluations of supervisors, seminars, and of the program at various points throughout the training year.

PSYCHOLOGY EXTERNSHIP PROGRAM SUPERVISORS

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