Post Doctoral Fellowship In Health Service Psychology

with focus areas in:

- Interprofessional Team Based Care
- Trauma Treatment and Mental Health Care of Homeless Veterans
- Integrated Care Psychology: HIV and Liver Disease

Psychology Training Program
2020-2021 Training Year
Cincinnati VA Medical Center
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Figure: VA Logo -
Living in Cincinnati

Cincinnati is a scenic city built on seven hills along the banks of the Ohio River. The population of the city and surrounding metropolitan area is approximately 2.1 million people. It has the distinct advantage of being a large enough city to offer a great variety of experiences, while not being so large that one gets overwhelmed. Its moderate size allows for excellent government services while offering a wide variety of interesting social, cultural and athletic activities.

The Census Bureau estimates Cincinnati's multicultural population at nearly 50% of the total. African Americans make up the majority of the city's diverse population, and a study released in 2007 by the Hispanic Chamber Cincinnati USA found that the area's Hispanic population grew by 38% between 2000 and 2005, ten times faster than the broader Ohio-Kentucky-Indiana region. (http://www.cincyusa.com/multicultural/diversity/)

Cincinnati is the home of the University of Cincinnati, Xavier University, Hebrew Union College, Cincinnati Art Academy, College Conservatory of Music and the College of Mount St. Joseph. In addition to the cultural events offered at these institutions, Cincinnati has a nationally known symphony orchestra (http://cincinnatisymphony.org/), the second oldest opera company in the United States (http://www.cincinnatiopera.com/), a May Festival devoted to classical oratorios with nationally known performers, and the Cincinnati Ballet Company. The Cincinnati Playhouse in the Park offers professional productions of contemporary and classical theater on its two stages throughout the year. The Aronoff Center for the Performing Arts in downtown Cincinnati hosts professional theatre and dance year-round (http://cincinnatiarts.org/aronoff).

Figure 1: Aronoff Center for the Performing Arts
The greater Cincinnati area also has more than 100 museums and galleries which enhance its reputation as a cultural center. These include the Cincinnati Art Museum in Eden Park, The National Underground Railroad Freedom Center, Contemporary Art Center, Taft Museum, Krohn Conservatory as well as the Museum Center which houses the Natural History Museum, the Cincinnati Historical Society, and the Children’s Museum. Cincinnati also has a wonderful Planetarium and Observatory that are open to the public.

Cincinnati is the birthplace of major league baseball and our Cincinnati Reds currently play in the Great American Ball Park. Football fans can enjoy watching the Cincinnati Bengals play at the Paul Brown Stadium. Boating, golfing, tennis, ice skating, hiking and camping are among the other activities enjoyed by Cincinnatians who utilize the Ohio River, local lakes and the outstanding local park systems.

Findlay Market, Ohio's oldest continuously operated public market, is a gathering place for the most socially, economically, racially, and ethnically diverse crowds found anywhere in Cincinnati. The Market is located just blocks from downtown in Over-the-Rhine, a dense historic neighborhood rich in 19th century architecture. Findlay Market is home year-around to about two dozen indoor merchants selling meat, fish, poultry, produce, flowers, cheese, deli, and ethnic foods, and hosts numerous street performers and special events. ([http://www.findlaymarket.org/](http://www.findlaymarket.org/))

Cincinnati also has a wonderful public parks system. In 2018 the Trust for Public Land's ParkScore index rated Cincinnati as 7th in the nation right behind San Francisco and Portland.
The Cincinnati VA Medical Center is a general medical and surgical hospital with all the services found in a large urban hospital. The Mental Health Care Line within the Medical Center is composed of seven divisions including: Outpatient Mental Health; Trauma Recovery Center; Assessment and Intensive Treatment; Substance Use Disorders; Domiciliary Care for Homeless Veterans; Special Mental Health Services; and Community Psychiatry. The various mental health services available to Veterans are distributed between the main campus located two miles north of downtown Cincinnati, the Ft. Thomas Division located five miles southeast of downtown in Ft. Thomas, KY, the VA Behavioral Health and Wellness center in Norwood, OH, and a system of six community-based outpatient clinics (CBOCs) located in Clermont County, OH, Georgetown, OH, Butler County, OH, Bellevue, KY, Florence, KY, and Dearborn County, IN. As a VA hospital, the Cincinnati VAMC is dedicated to the care of Veterans whose injuries or medical conditions were obtained while in the United States military service. Whereas we serve a predominantly Caucasian and African-American male population, a growing percentage of Veterans served at the Cincinnati VAMC are women.

In addition to emphasizing high quality clinical treatment, the Cincinnati VAMC has a strong commitment to training. As a Dean’s Committee Hospital, we maintain close teaching ties with the University of Cincinnati College of Medicine. Staff members of most of the clinical services at the VA Medical Center, including many psychologists, have teaching appointments in the College of Medicine. In reciprocal fashion, many of the Medical College faculty serve as consultants to our Medical Center. Some of the VA psychology staff also have adjunct appointments to the University of Cincinnati Department of Psychology. Our Center has fully accredited training programs in most of the major health specialties, including psychiatry, nursing,
pharmacy, social work, rehabilitation therapy and medical technology.

The VA Medical Center is located within a large complex of facilities which includes the University of Cincinnati, the University of Cincinnati College of Medicine, the University Hospital, Cincinnati Children’s Hospital, Shriners Hospitals for Children, and several other psychiatric and medical facilities. Regularly scheduled programs such as grand rounds, seminars, case conferences and presentations by invited distinguished lecturers are open to Fellows. Library facilities are available at the VA Medical Center, the Medical School, and the nearby University of Cincinnati.

The Psychology Training Program has video and audio taping facilities available. Fellows are encouraged to use these facilities for training and clinical purposes.

Figure 6: Entrance to the Fort Thomas Domiciliary
Postdoctoral Fellowship

Background

To address both the complexity of American health care needs and the increasing diversity among our population, the Institute of Medicine Committee on Quality of Health Care in America recommended in 2001 the use of interprofessional health care teams. It was their position that the structure of these integrated care teams could promote superior communication and patient care to past health care practices.

Similarly, the Veterans Health Administration (VHA) has committed to train and retain highly qualified healthcare providers in behavioral and mental health disciplines, and to promote the utilization of interprofessional team-based care. With directives such as the BHIP initiative submitted to the Senate Veteran’s Affairs Committee in 2011 as part of the Mental Health Action plan, the PACT model of Integrated Care, as well as the VHA strategic plan for 2013-2018, VHA has positioned our healthcare system at the forefront of team-based Medical and Mental Health Care innovation. VHA’s commitment represents a broad movement away from “silo” clinics or isolated episodes of care towards healthcare for our Veterans that is accessible, coordinated, comprehensive, and patient-centered.

Postdoctoral Fellowship

The Psychology Training Program at the Cincinnati VA Medical Center offers Postdoctoral a Fellowship training program in Health Service Psychology. The three focus areas within the Fellowship are:

- Interprofessional Team-based Care
- Trauma Treatment and the Mental Health Care of Homeless Veterans
- Integrated Care: HIV and Liver Disease

Mission

The overarching mission of the psychology training program is the development of psychologists who have the knowledge, skills, and self-awareness necessary to deliver psychological services to diverse populations in a variety of settings, and who practice competently and independently in a professional, empathic, and responsible manner. This postdoctoral Fellowship was established to train future leaders in integrated care within the VA who are able to lead interdisciplinary care teams, collaborate effectively with a wide range of health care professionals, and to deliver care to our Veterans with evidence-based and patient-centered clinical practices.
All activities during the training year are coordinated and supervised by the doctoral staff of the Cincinnati VA Psychology Program. Our staff views the Fellowship as a year of intensive specialized clinical experience that bridges internship with independent professional practice.

Training Aim and Core Competencies

To fulfill our training mission, the primary aim of the postdoctoral Fellowship is the development of advanced skills in the core competencies of health service psychology within an integrated care environment for both independent practice and in preparation for careers as psychologists within the Veterans Health Administration.

The following are the four objectives of this Fellowship program:

- Training in core competencies consistent with the American Psychological Association's core competencies of professional psychology (revised 2011). These include: Ethics and Diversity; Integration of Science and Practice; Professionalism; Integrated Care and Interprofessional Team Functioning; Intervention; Assessment; Consultation; Education; Research; and Program Development.

- Skill development in the delivery of empirically-supported mental health and behavioral care in outpatient team-based settings through multiple clinical rotations.

- Training in the adaptation of interprofessional behavioral and mental health care for the VA patient population.

- A Fellowship project conducted by the postdoctoral Fellows related to interprofessional care and system redesign. This may involve projects such as “Lean” system training, facilitating the adoption of team-based care within our Mental Health Care Line, developing new mental health initiatives, or assisting existing team-based care teams to measure and evaluate their effectiveness.

The Fellowship core competencies are discussed with Fellows during orientation week and the performance objectives are formally captured in the Fellowship evaluation form. This form provides behaviorally-anchored descriptions to illustrate the expected developmental progression of skill and conduct for Fellows from the start to the completion of the Fellowship. Fellows are also expected to generate personal competency goals in collaboration with Fellowship staff, and these are reflected in both the Evaluation Form and the Learning Plan.

Postdoctoral Fellows are evaluated and given feedback throughout the year by their individual supervisors in both formal and informal settings. Formal evaluations are completed quarterly
by supervisors using the Fellowship Evaluation Form. At the end of each quarter each Fellow’s supervisors meet together with the Director of Training and the Associate Director of Training to review the Fellow’s progress and make recommendations. Following these meetings the Director of Training meets individually with each Fellow to integrate and review all Fellowship evaluation information.

The location of these Fellowship training experiences are within the Mental Health Care Line of the Cincinnati VAMC, and involve direct collaboration with professionals from various disciplines including psychiatry, social work, nursing, chaplain service, pharmacy, and our medical center physicians. Postdoctoral Fellows work within these care teams and also serve as consultants and didactic resources to non-psychology professional groups during the training year.

Training Model

Our training program subscribes to a scientist-practitioner model of education and training for the practice of health service psychology. More than rote memorization of specific research findings, we actively encourage Fellows to adopt a rational-empirical process to understand and evaluate their clinical activities, to critically evaluate, integrate, and apply the current scientific literature to their various professional activities in accurate and culturally sensitive ways, and to actively provide, seek, and use feedback to assist with their mastery of the program’s core training competencies. In sum, our program upholds the view that good clinical practice is based on critical thinking and the applied science of psychology delivered within an interpersonal context of care and compassion. Further, we also recognize and value the need to skillfully consider broad empirical data within the context of individual, group, and cultural differences.

Postdoctoral level training grounded in our core competencies thus provides a comprehensive view of psychological practice intended to encourage creative problem solving through the use of empirically supported psychological principles and sound judgment across clinical, ethical, and professional domains. Fellows get experience thinking and practicing as psychologists to prepare them for careers in a variety of VA integrated care settings. The acquisition of specific skills, techniques, and conceptual models are considered as means to this goal, rather than as ends in themselves.

We recognize that a professional psychologist must be capable of thoughtfully applying psychological principles to the solution of complex individual and social problems rather than habitually applying prescribed solutions to narrowly defined complaints. In this regard, our aim is to provide training that not only prepares Fellows for the problems of today, but also assists them to develop the personal and professional skills needed to successfully manage the challenges that will arise over the duration of a long professional career.
Philosophy of Supervision

Our philosophy of supervision at the Cincinnati VAMC adheres to a competency-based approach which identifies explicit and measurable standards of performance and tailors training to the developmental needs and skills of our Fellows. Over the course of the training year, Fellows are expected to function increasingly independently as they mature in clinical and professional development. Accordingly, while Fellows always function under direct supervision, their clinical experiences increase in complexity and autonomy over the course of the training year.

Diversity

As a Fellowship program within the Veterans Health Administration, we support the Department of Veterans Affairs Diversity and Inclusion Strategic Plan for 2017-2020. Link: http://www.diversity.va.gov/products/files/StrategicPlan.pdf From that document:

A decade ago, VA’s Office of Diversity and Inclusion (ODI) initiated a new conversation about diversity and inclusion in the public sector. Informed by a growing body of research, we proffered a transformative paradigm that linked diversity and inclusion to organizational performance. This new paradigm was based on the value proposition that equal employment opportunity (EEO) was more than a legal mandate; it was a business imperative. It was predicated on two cardinal precepts: 1) EEO is foundational to achieving workforce diversity; and 2) inclusion is the key to achieving high organizational performance. While we remained unequivocally committed to equal opportunity in the workplace, we also understood that EEO was necessary but not sufficient to create a high-performing organization in the 21st century.

This paradigm shift began by defining diversity in its broadest context to include all the characteristics that make us unique: race, color, gender, religion, national origin, age, disability, ethnic culture, sexual orientation, gender identity, parental status, educational background, intellectual perspective, socioeconomic status, organizational level, and more. By doing so, we were able to access all the performance advantages our diversity offers. We then strengthened the model by focusing on inclusion as the means by which we leverage our diversity and empowered all voices to contribute to the public service mission. (p.1)

Within the Department of Psychology, our goal is to extend this commitment to include the creation of a community that recognizes and values the inherent worth and dignity of every person. We believe that diversity among departmental members strengthens our staff, stimulates creativity, promotes the exchange of ideas, and allows us to provide more sensitive and effective patient care. We welcome diversity in our Fellowship class, and we warmly encourage minorities and persons of diverse backgrounds of all types to apply to the Cincinnati VAMC Fellowship. Fellows are exposed to aspects of diversity unique to the Veterans' population during the Fellowship year through assessment, treatment,
consultation, and Fellowship-specific seminars. Our aim is to optimize the training experience through individual appreciation and clinical understanding of human diversity in all aspects of psychological practice.

Our program views central aspects of training, from assessment to intervention to issues of diversity, to be best addressed "in action" or "in context." Thus, our diversity training focuses on aspects of diversity salient and present in our local military Veteran cultures and region. Postdoctoral Fellows are asked to apply their knowledge of psychological science, individual differences, and group/cultural diversity directly within their patient care settings.

Of note, our facility is listed in the Health Care Equality Index as a leader in LBGT healthcare. Further, the local LGBT Health Care Coordinator for our Mental Health Care line serves on both the Psychology Training Committee as well as the Psychology Diversity Committee. Postdoctoral Fellows are welcomed and encouraged to participate in our Psychology Diversity Committee and diversity training activities.

**Active Learning**

A final value of the training staff is the active involvement of Fellows with the content and structure of the Fellowship. Fellows are invited to participate in the Psychology Training Committee and the Psychology Diversity Committee, and feedback from our postdoctoral Fellows directs the content and timing of the Fellowship seminars. Fellows also have input into their Learning plans and training goals for the year. At the start of each training rotation, each Fellow develops a list of proficiencies that they intend to develop during the training year. Each of these items is operationalized with behavioral anchors that specify the initial level of competency and the expected level of competency at exit. These items are included in the Evaluation Form and used at each evaluation period to measure progress.
For every postdoctoral Fellow, the four fundamental experiences built into the Fellowship program are the **two Major Rotations**, **the Minor Rotation**, **the Fellowship Project**, and **the Training Conferences**.

**2 Major Rotations** - 6 months each, 24 hours per week, 2 hours of supervision each week.

**1 Minor Rotation** - 12 months long, 8 hours per week, 1 hour of supervision each week.

**Fellowship Project** - 12 months long, 5 hours per week, 1 hour of supervision each week.

**Training Conferences** - 12 months long, 2-3 hours per week.

Each Postdoctoral Fellow will complete 2 different Major Rotations, one Minor rotation, and a Fellowship project during the training year. The only modification of this structure is in the HIV/Liver Disease training track. Given the nature of those training experiences, the Major rotations in the HIV/Liver Disease emphasis area will more closely resemble a single year-long Major rotation.

All Fellowship supervisors are licensed, privileged staff members of the Cincinnati VAMC who work directly in the programs in which the training rotations are embedded. Thus supervision is on-site and supervisors serve as teachers and role models for the postdoctoral Fellows. Please see Appendix A for a description of the post-doctoral training staff.

**Rotation Assignment**

The rotation assignments, schedule, and Learning Plan will be developed during the orientation week for the Fellowship with emphasis on specialization and training that leads to future VA employment. Rotations associated with the Fellowships in Interprofessional Team Based Care and HIV/Liver Disease will generally take place at the main campus of our Medical Center in Cincinnati, OH. Rotations associated with the Fellowship in Trauma Treatment and Mental Health Care for Homeless Veterans will generally take place at the Fort Thomas, Kentucky Division of the Cincinnati VAMC. As available, Fellows will have the opportunity to supervise interns and practicum students, and will be invited to attend the monthly training meeting for new supervisors.
Background

The Veterans Health Administration’s commitment to integrated care represents a broad movement away from “silo” clinics or isolated episodes of care, towards healthcare for our Veterans that is accessible, coordinated, comprehensive, and patient-centered. It is not enough for different care providers to be co-located. The care environment, provider working relationships, and provider competencies must all promote a common goal: Patients are in control of their health care, and the integrated care system is designed around the needs of the patient.

The Interprofessional Team Based Care focus area is designed to offer exposure to several different healthcare teams in the areas of Behavioral Health and Substance Use Disorder treatment. The goal is to become fully integrated as a valued and contributing member of each team, and to serve as a resource and consultant on mental health treatment, health behavior change, motivation and treatment compliance, and team dynamics. Fellows will rotate through both of the Major rotations during the course of the year.

Major Rotation Opportunities

- Behavioral Health
- Interprofessional Care in Substance Use Disorder Treatment

Behavioral Health

Within the VA and across the country, chronic health conditions like diabetes, heart disease, COPD, and cancer are prevalent and constitute the leading cause of death and disability. According to the World Health Organization, 50% of global mortality is linked to these 4 chronic conditions. Tobacco use, unhealthy food choices and poor physical activity are contributing factors that can be modified or prevented. The role of health psychologists is to support and empower patients to approach health behavior change and stay engaged to incorporate effective disease management into their lifestyle.

An integrated team-based approach to care is recognized as an important element in the management of chronic disease. It offers whole person care that is coordinated and evidence-based. In an effort to treat the whole person, all aspects of health and wellness are considered including physical, psychological, and psychosocial. Each patient’s unique background, preferences and values are sought to frame the team’s approach to care.

The Behavioral Health Rotation supports the care of Veterans seen in Endocrinology and Hematology/Oncology clinics. These clinics are diverse in their team members, the
clinical issues presented, and the Veterans they serve. Fellows learn about integrative models of care and strategies to build integration. Integrative practice is developing and fluctuates across time based on resources, staff changes, and clinic structure. Opportunities to implement small collaborations to shift toward more integration are a part of the training experience. Interdisciplinary consultations are encouraged as well as co-managed care.

**Endocrinology Clinic**

Fellows serve as a behavioral health specialist on the Endocrinology team. Treatment of diabetes is the primary focus. Training is provided in motivational interviewing and whole health coaching. Psychology fellows have the opportunity to lead the team’s self-management support efforts with patients and families. Personalized health plans are individualized and include the Veteran’s values and purpose in life, why s/he wants to be healthy. Fellows learn about and connect Veterans to more intensive services for diabetes self-management including home telehealth, diabetes education classes, and nutrition groups. Screening tools may be utilized to identify common comorbid issues like depression, anxiety, and cognitive decline. Short-term therapy is offered to support readiness for more intensive mental health treatment, support the change process for diabetes-related health behaviors, and address acute mental health concerns like grief or needle phobia. Veterans recommended for an insulin pump are evaluated to address any psychosocial concerns that may present difficulty in successfully managing the pump to improve blood sugar regulation.

The Endocrinology team consists of three Endocrinology attending physicians, four to six Endocrinology fellows, a certified diabetic educator, clinical pharmacist, and an RN case manager. Providers address complex patients with poorly controlled Type I and Type II diabetes and other endocrine disorders. Veterans seen in this clinic are often complex and have many challenges. A multidiscipline approach promotes the best outcome. Behavioral issues might include depression or other mental illness, substance use, mild to moderate cognitive impairment, vision, hearing, reading, or learning difficulties, insufficient social support, and/or low self-confidence.

Additional opportunities to engage Veterans with diabetes across the continuum of care may be available. Possibilities may include collaboration with the inpatient diabetes case manager to see Veterans who are admitted to inpatient service for diabetes-related issues. In addition, fellows may support group-based shared medical appointments in Endocrine or Primary Care when available.

**Lead Collaborators:** Dima Diab, MD; Cathy McCormick, RD, CDE; and Kathy Imhoff-Witt, Pharm.D.

**Clinic Times:** Monday mornings and Thursday mornings, 8 am – noon

Approximately 30-40 patients seen each session

Optional Didactics: Endo Clinical Case Conference, Thursdays 1-2 pm

Additional related experiences

- Shadow each member of the Endo team
- Collaborate with Diabetes Case Manager in Primary Care
- Observe other diabetes self-management service
The clinical approach in Hematology/Oncology tends to focus more on addressing acute distress with new diagnoses, changes in prognosis, and addressing psychosocial needs across the continuum of care. Psychosocial distress is common and often goes unrecognized and treated. A team-based distress screen has been used to identify patient needs. The psychology fellow works closely with infusion room nurses and nurse navigators. Clinical interventions range from crisis intervention, adjustment to illness, anxiety related to medical condition, existential issues, unresolved relationship stress, end-of-life concerns and planning and whole person care. Interventions may include family or offered to family alone with the Veteran’s permission. Treatment support focuses on supporting transitions of care, communicating effectively across team members, patient, and family, and offering hope and dignity. Psychology fellows may support team efforts to track and report the impact of the distress screen.

This is a large, busy clinic with four to five attending physicians, 11 fellows, 4 infusion room nurses, a dietitian, pharmacist, social worker and RN Nurse Navigator. Veterans are seen for initial diagnosing and follow-up care. Chemotherapy visits are coordinated with MD appointments. Psychology fellows use a warm hand-off method to address distress as it arises.

Lead Collaborators: Dr. McCullough, Dr Cheng
Clinic Times: Tuesday, Wednesday, Thursday mornings, 8 am – noon
Infusion room has patients Monday – Friday 8:00 – 4:00
Hematology/Oncology Fellow Didactics the Postdoctoral Fellow may join:
Clinical Care Conference Thursdays 7:00 – 8:00 am
Cancer Care Committee Quarterly Thursday 7:30 – 8:30 am

Supervisor: Shari Altum, PhD; Health Behavior Coordinator

GOAL: To become fully integrated as a valued and contributing member of a medically-focused interdisciplinary treatment team. To serve as the team expert and consultant on mental health, health behavior change, barriers to treatment compliance, and team dynamics.

COMPETENCIES:
1. Increased knowledge and understanding of specific medical conditions related to identified areas of interdisciplinary care (Cancer, Type I and Type II Diabetes)
2. Development of clinical skill with regard to being a member of an interdisciplinary team and building team cohesiveness
3. Increased proficiency in identifying and addressing psychosocial issues specific to a geriatric population that may complicate successful management of a chronic health condition.
4. Explore and evaluate literature relevant to the psychosocial treatment of chronic health problems and health behavior change
5. Improved skill and ability in effectively using motivational interviewing to engage Veterans in health improvement.
Interprofessional Care in Substance Use Disorder Treatment

Problems with substance use disorders seldom occur in isolation from other mental health, physical health, and psychosocial difficulties. They are in fact frequently intertwined, and coordinating care for veterans who suffer from substance use disorders is critical to effective treatment. The overarching goal for the major rotation in Interprofessional Care in Substance Use Disorder Treatment is to embed Fellows in several treatment teams within the Cincinnati VAMC’s SUDEP program, and for them to provide treatment and care for our Veterans that is accessible, coordinated, comprehensive, and patient-centered. Three elements form the core experiences in this major rotation:

- Outpatient SUDEP Treatment (Outpatient Clinic and Tobacco Treatment Clinic)
- Motivational Interviewing and Motivation Enhancement Therapy

Outpatient Clinic

It is well accepted by researchers and treatment providers that transitions from residential to outpatient addiction treatment are essential parts of long-term recovery from addiction. The SUDEP Outpatient Services Program provides these continuity of care services that have been shown to be effective in assisting veterans to build and maintain recovery from addictive disorders. Over 65 groups a month are offered as part of the outpatient addiction treatment program. Fellowship training experiences include assessment of addiction and co-occurring mental illness disorders, as well as providing individual and group addiction treatment. There are also program development opportunities for Fellows to create their own intervention group in addiction treatment using the Matrix Manual, and to participate in the development of a SUDEP Intensive Outpatient Program.

Supervisor: Danny Hall, Ph.D.; Outpatient Coordinator

Treatment team members: Jennifer Diefenbacher, LPMHC; Nikki Winchester, PhD; Octaviana Hemmy Asamsama, PsyD, DrPH; Dan Hosta, MD; Robin Joy-Dawson, LISW-S; Nicole Michels, LPMHC; Mary Winchel, LISW; Addiction Psychiatry and Addiction Medicine Residents.

Tobacco Treatment Clinic

Tobacco use disorder effects 1 in 5 people in the United States and for our local veteran population the prevalence is closer to 1 in 3. This makes tobacco use disorder one of the most prevalent disorders in the DSM-5, but also one of the least treated and most deadly. Postdoctoral Fellows will work with the Tobacco Treatment Team and learn a NIDA-driven, science-based understanding of nicotine addiction and its treatment. Training goals for this
rotation include an understanding of the nature of nicotine addiction, the most effective behavioral interventions for tobacco use disorder, and the role of nicotine replacement medications in treatment.

**Supervisor:** Danny Hall, Ph.D., Staff Psychologist

Substance Dependence Treatment Program Team members: Matthew Brown, Pharm D, CTTS; Dena Krondilou, Psychiatric-Mental Health Nurse Practitioner, CTTS, and Addiction Psychiatry and Addiction Medicine Residents.

**GOAL:** To function within fully integrated as a valued and contributing member of outpatient SUDEP interprofessional treatment teams.

**Competencies – Fellows will:**

1. Understand the value of an interdisciplinary approach to addiction treatment.
2. Understand treatment models and theories of addiction and other problems related to substance use.
3. Assess the social, political, economic, and cultural context within which addiction and substance abuse exist, including risk and resiliency factors that characterize individuals, groups, and communities.
4. Recognize the behavioral, psychological, physical health, and social effects of psychoactive substances on the user and significant others.
5. Describe the philosophies, practices, policies, and outcomes of the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention, and continuing care for addiction and other substance-related problems.
6. Recognize the importance of family, social networks, and community systems in the treatment and recovery process.
7. Understand the importance of research and outcome data and their application in clinical practice.
8. Be familiar with medical and pharmacological resources in the treatment of substance use disorders.

**Didactics/trainings specific to rotation:**
University of Cincinnati, Department of Psychiatry and Neurobehavioral Science Grand Rounds Weekly SUDEP in-services on topics of assessment, intervention, and recovery Substance Use Disorder Journal club

**Motivational Interviewing and Motivation Enhancement Therapy Workshop**

Every Fellow will have the opportunity to attend a two and a half day workshop on Motivational Interviewing and Motivation Enhancement Therapy provided by Jonathan Steinberg, PhD, and Shari Altum, PhD. Upon completion of this training, Fellows are invited
to attend a weekly MI consultation group and to practice MI skills and receive coded feedback about their use and mastery of the MI/MET skills. Both Dr. Steinberg and Dr. Altum are members of the Motivational Interviewing Network of Trainers (MINT).

**Supervisor:** Jonathan Steinberg, PhD; Staff Psychologist, SA/PTSD Treatment Program

**GOAL:** To introduce Fellows to the theory, principles, and skills of motivational interviewing and related motivation-enhancing behavior change approaches. Fellows will be guided through a sequence of learning activities to developing proficiency in facilitating rapid, internally motivated change. Learning activities will include: real-life demonstrations, video-tape examples, “real-plays”, case studies, small group exercises, and significant participant practice with feedback.
Minor Rotation Opportunities

Fellows will also choose from four elective minor rotations. This will be structured as 2 minor rotations of 6 months each or one minor for 12 months. Minor rotations are 8 hours per week. These rotations include:

- Tobacco Cessation Treatment team
- Whole Health Coaching
- Hospice and Palliative care
- Motivational Interviewing/Motivational Enhancement Therapy

Tobacco Cessation Treatment team

Tobacco use disorder (TUD) is the leading cause of preventable deaths in the United States and is responsible for over 430,000 deaths annually. Tobacco use is the single most expensive health problem in the VHA. In 2008, of the $40 billion VHA budget, $9 billion was spent for the treatment of tobacco disease (Institute of Medicine, 2009). Statistics indicate that Veterans use tobacco at much higher rates than the general population. VISN 10 is particularly vulnerable to this problem as our local Tri-State Area has one of the highest prevalence rates of tobacco use in the country. Evidence is clear that interventions for TUD, if delivered in a systematic, evidence-based manner, greatly reduce the risk of suffering from a tobacco-related disease.

Postdoctoral Fellows in this minor will join the Cincinnati Tobacco Treatment Center and provide a comprehensive, evidence-based approach to the treatment of TUD based on the DHHS recommended guidelines entitled "Treating Tobacco Use and Dependence" (US DHHS, 2008). The TTC has a multidisciplinary team approach, consisting of advanced practice nurses, pharmacists, social workers, psychologists, and peer support technicians. The Cincinnati Tobacco Treatment Center was selected as a “Best Practice” by the July 2012 VACO Mental Health Site Visit.

Supervisor: Danny Hall, PhD; Staff Psychologist, Substance Dependence Treatment Program
Whole Health Coaching

The VA’s mission is to “honor America’s Veterans by providing exceptional health care that improves their health and well-being.” This is operationalized in the VA’s Strategic Plan is to provide “personalized, proactive, patient-driven care that empowers, equips, and encourages Veterans to take charge of their health and well-being and to adopt healthy living practices that deter or defer preventable health conditions.” This means a shift from episodic disease-based care to a continuous lifelong investment to stay healthy and prevent illness. It includes the use of complimentary and integrative approaches like tai chi, yoga, meditation, acupuncture, and chiropractic care. It brings meaning to care, ensuring that Veterans and care teams know what matters to the veteran that supports their reason to improve health and stay healthy.

Psychology fellows have the opportunity to be a part of this transformation, supporting Veterans who participate in the Wellness - Strength for Life program through whole health coaching. Veterans attend an initial group engagement session to complete a personalized health plan and learn about VA, community and online programs to support their efforts. Individual health coaching sessions offer follow-up to support progress, brainstorm barriers, and adjust the plan as needed. Interventions utilize motivational interviewing and health coaching. Psychology fellows may offer coaching for Veterans with more complex clinical presentations as well as supervise less skilled health coaches. There will be an opportunity to track impact through program evaluation.

Supervisor: Shari Altum, Ph.D., Health Behavior Coordinator
Hospice and Palliative Care

In 2009, the VHA rolled out the Comprehensive End of Life Care Initiative which led to the “We Honor Veterans Campaign.” This program expanded hospice and palliative care (HPC) to medical centers and their training programs. Palliative Care is a broad concept of care that focuses on providing relief from the symptoms and stress of a life-limiting illness or injury, with the goal of improving quality of life for both patients and their families. Hospice services fall under the umbrella of palliative care. Hospice focuses on caring, not curing; for individuals receiving hospice care, the decision has been made to forgo aggressive therapies in favor of support and comfort during the end-of-life period.

The Community Living Center (CLC) is located on the main campus, adjacent to the VAMC. It houses a 32-bed long-term care unit, a 20-bed short-term rehabilitation unit, and a 5-bed inpatient hospice unit. The HPC psychologist provides direct patient services to veterans admitted to the small hospice unit and to a lesser extent medical inpatients receiving palliative care. The primary role of the HPC psychologist is consultative in nature. Hospice patients are cared for by a large interdisciplinary team including mental health, medicine, nursing, pharmacy, dietary, chaplaincy, occupational and physical therapy as well as social work.

The postdoctoral fellow will function as an integral member of this interdisciplinary team. In addition to providing direct services to Veterans and their family members and caregivers during the end-of-life period, Fellows will attend weekly multidisciplinary team meetings and consult with clinical staff, conduct psychological assessments including screening of cognition, mood, and behavior symptoms, and develop appropriate plans of mental health care.

Supervisor: Nancy Nagel, Psy.D; Staff Psychologist, Primary Care Mental Health Integration/Hospice & Palliative Care

Motivational Interviewing/Motivational Enhancement Therapy

Fellows in this Minor Rotation will practice and perfect their skills in Motivational Interviewing/ Motivational Enhancement Therapy (MI/MET) through work with Veterans in SUDEP clinics. Given the challenges facing Veterans with substance use disorders and other mental health conditions, motivation for change and for sustained recovery efforts can vary. Fellows have the opportunity to assist Veterans who are in the process of changing their lives through a collaborative relationship that seeks to enhance the Veteran’s internal motivation for change. Interns receive systematic feedback on their motivational interviewing skills via the Motivational Interviewing Treatment Integrity (MITI) Scale to facilitate skill development.

Supervisor: Dr. Winchester, Staff Psychologist Outpatient SUD Treatment Program
Trauma Treatment and the Mental Health Care of Homeless Veterans

Background

Posttraumatic stress disorder (PTSD) and homelessness are two of the most prominent issues confronting Veterans. According to recent statistics, approximately 17-25% of Veterans are likely to meet diagnostic criteria for PTSD. Further, 1 out of every 10 homeless individuals is a Veteran and there are currently 49,933 homeless Veterans in America. The homeless Veteran population suffers from significant rates of post-deployment stress-related symptoms, PTSD, and substance use disorders. This focus area is specifically designed to provide training in evidence-based approaches to address these problems, and to provide future leaders in VA Mental Health with the skills that they will need to function effectively in VA integrated care environments. Fellows will have the opportunity to learn best practices in evidence-based treatment in both residential and outpatient treatment settings. Fellows will also have the option of becoming involved in cutting edge research focused upon improving clinical care within this population of Veterans.

The Trauma Recovery Center (TRC) and Domiciliary programs provide evidence-based treatment for Veterans with posttraumatic stress disorder (PTSD) and homelessness (or who are at high risk for homelessness). Both programs offer residential treatment located at the Fort Thomas, Kentucky VA facility and serve Veterans with a variety of co-occurring mental health disorders, including substance use disorders, mood disorders, and severe mental illness. In addition to the PTSD residential programs (men’s program, women’s program, traumatic brain injury – PTSD program), the TRC offers outpatient services to treat Veterans with PTSD. A shared goal of these programs is to support Veterans’ recovery and to improve Veterans’ functioning. Both programs ascribe to a recovery-oriented model in addressing mental health issues that incorporates Veteran preferences in health interventions, promotes Veteran health behaviors and self-management skills, and emphasizes collaborative treatment goal selection.

Fellows will therefore have the opportunity to train in 2 of the 3 major rotations options: Trauma Recovery Center Outpatient and Residential Treatment, Trauma Recovery Center Research and Practice Rotation, or in the Domiciliary program. Fellows in these major rotations will be integrated into the large interdisciplinary teams that service these programs. Fellows will receive didactic and experiential training in evidence-based assessment, evidence-based individual, couple, and group psychotherapy, and program evaluation. Both programs primarily follow cognitive-behavioral models in guiding these assessments and interventions.
Fellows will also have the opportunity to participate in a research minor rotation (8 hours per week). This research minor rotation will focus on building and advancing skills in program evaluation and treatment effectiveness research for Veterans with PTSD and homelessness issues. Fellows will receive didactic and experiential training in these areas of research and will be mentored by a group of VA clinician-researchers who maintain active programs of research to inform clinical care to these populations (Dr. Kathleen Chard, Dr. Benjamin Dickstein, Dr. Nicole Pukay-Martin).

**GOAL:** To become fully integrated as an interdisciplinary team member in the treatment of Veterans with PTSD, substance use disorders, comorbid mental health conditions, and homelessness issues. To develop skills to serve as a team leader in developing, implementing, and evaluating programs serving these populations.

**COMPETENCIES:**

1. Increased proficiency in empirically-based assessment and treatment for PTSD including first-line recommended treatments for PTSD (i.e., cognitive processing therapy and prolonged exposure therapy)
2. Increased proficiency in evidence-based assessment and interventions for addressing mental health issues that co-occur with Veterans’ homelessness/risk for homelessness including treatments for substance use disorders, mood disorders, and serious mental illness.
3. Increased proficiency in distinguishing between appropriate levels of care for homeless Veterans with mental health issues
4. Explore and evaluate literature relevant to the psychosocial treatment of homeless Veterans with mental health issues
5. Improved skill and ability in conducting program evaluation and empirically-driven case assessment for homeless Veterans with mental health issues

Fellows will receive didactic and experiential training in multiple evidence-based treatments including: cognitive processing therapy, prolonged exposure therapy, cognitive-behavioral conjoint therapy for PTSD, behavioral activation, and present-centered therapy. Fellows will attend a regional VA training for cognitive processing therapy and will be provided the opportunity to achieve VA provider status in this treatment.
Major Rotation Opportunities

- Trauma Recovery Center Outpatient and Residential Treatment
- Trauma Recovery Center Research and Practice Rotation
- Domiciliary Program

Trauma Recovery Center

The Trauma Recovery Center (TRC) provides comprehensive, evidence-based assessment and treatment for Veterans with PTSD. The TRC treatment team consists of psychologists, social workers, psychiatrists, advanced nurse practitioners, registered nurses, peer support, speech pathologist, recreational therapist, chaplain services, and a vocational rehabilitation specialist.

The TRC serves Veterans from all service eras and with all types of traumas, including combat trauma and military sexual trauma. All Veterans in the TRC receive structured clinical assessment at pre- and post-treatment. All assessments include the Clinician Administered PTSD Scale for the DSM-5 (CAPS-5), which is considered the gold standard in the assessment and diagnosis of PTSD. All assessments also include the Structured Clinical Interview for the DSM-5 (SCID-5) to diagnose mental health disorders that are co-occurring with PTSD. Assessments also include a range of empirically-validated veteran-reported measures, such as the PTSD Checklist for the DSM-5 (PCL-5) along with measures of depression and functional impairment. Postdoctoral Fellows will have the opportunity to gain mastery in the administration, scoring, and interpretation of these assessment measures and in the utilization of these results to informing individualized treatment for Veterans with PTSD.

Trauma Recovery Center Outpatient and Residential Treatment

The TRC offers three separate residential PTSD treatment programs: a 12 bed men’s program, a 10 bed women’s program, and a 10 bed program for Veterans with traumatic brain injury (TBI) and PTSD. During fiscal year 2018, the TRC had 235 residential admissions to these programs. A multidisciplinary team including psychiatry, psychology, social work, speech, occupational therapy, recreational therapy, and neuropsychology provides services to Veterans in these programs. Each program has its own unique multidisciplinary team. Postdoctoral Fellows will have the opportunity to be members of these multidisciplinary teams and to participate in weekly team meetings. All three residential programs deliver cognitive processing therapy (CPT), which is an evidence-based, first-line recommended treatment according to VA/Department of Defense (DoD) guidelines (2017). CPT is delivered in a combined individual plus group format, and Fellows will have the opportunity to learn skills in the delivery of this format of CPT. In addition to CPT, Veterans in the residential programs receive a variety of psychoeducational and skills-focused groups, which are meant to compliment CPT in helping Veterans to reduce mental health symptoms and improve their functioning. Examples of these additional groups include evidence-based interventions such as relapse prevention, cognitive-behavioral anger management, and skills-focused groups derived from dialectic behavior therapy (e.g., distress tolerance,
interpersonal effectiveness). Fellows will also have the opportunity to participate in the delivery of these groups as well as the development of new and innovative, evidence-based psychotherapeutic and psychoeducational groups for Veterans within the residential program.

The TRC also has an outpatient program, which admitted 132 Veterans in fiscal year 2015. Within the outpatient program, Fellows will have the opportunity to receive training in a broad range of evidence-based psychotherapies. First, Fellows will receive training in individually delivered CPT (format used in the outpatient program) and prolonged exposure (PE) therapy. CPT and PE are the two first-line recommended psychotherapies for PTSD (VA/DoD, 2017). Fellows will also get the opportunity to learn CBT for Insomnia as well as Imagery Rehearsal Therapy for those interested in evidence-based sleep treatments.

In addition, Fellows will have the opportunity to receive training in present-centered therapy (PCT) for PTSD, which has demonstrated efficacy according to multiple, controlled studies. Finally, Fellows may receive training in cognitive-behavioral conjoint therapy (CBCT) for PTSD, which has demonstrated efficacy and effectiveness for reducing PTSD and improving relationships with concerned significant others. By receiving training in both the residential and outpatient TRC programs, Fellows will have the opportunity to learn about differences in delivery of evidence-based PTSD assessment and treatment to Veteran populations that are shown to be significantly different on demographic and clinical variables and which require varied treatment approaches to address their unique clinical needs.

**Supervisors:** Kathleen Chard, Ph.D.; Director, Trauma Recovery Center
Greg Bailey, PhD; Staff Psychologist, Trauma Recovery Center
Nicola Caldwell, PhD; Associate Director, Trauma Recovery Center
Benjamin Dickstein, Ph.D.; Staff Psychologist, Trauma Recovery Center
Amy Fahey, PhD; Staff Psychologist, Trauma Recovery Center
Meredith Klump, Ph.D; Staff Psychologist, Trauma Recovery Center
Jennifer Lewis, PhD; Staff Psychologist, Trauma Recovery Center
Frank Mesa, PhD; Staff Psychologist, Trauma Recovery Center
Richard Monroe, PhD; Staff Psychologist, Trauma Recovery Center
Nicole Pukay-Martin, PhD; Staff Psychologist, Trauma Recovery Center
Laura Stayton, Ph.D.; Staff Psychologist, Trauma Recovery Center
Toby Weiss, PsyD, ABPP; Staff Psychologist, Trauma Recovery Center

**TRC outpatient clinic times:** 8am – 6pm along with extended hours (7:30pm on Mondays, 8:30pm Wednesdays) to serve Veterans who work during the day.

**TRC team meetings:** Case conference/group supervision – Tuesdays 12:30-1:30pm; PTSD men’s residential team – Tuesdays 2:00-3:00pm, PTSD Women’s residential team meeting – Wednesdays 1:00-2:00pm; PTSD-TBI residential team meeting Wednesdays – 11:00am-12:00pm.
Trauma Recovery Center Research and Practice Rotation

In addition to its outpatient and residential treatment clinics, the Trauma Recovery Center (TRC) maintains an active research program involving participation in grant-funded clinical trials and the analysis of data obtained via routine care. Presently, two notable investigations are underway at the TRC. These involve the examination of a new, experimental trauma intervention (Accelerated Resolution Therapy) and the large-scale, psychometric validation of the Clinician-Administered PTSD Scale for DSM-5 (CAPS-5). Previous research projects include participation in Cooperative Studies Project 591 (a multi-site, comparative effectiveness study of CPT and PE) and trials evaluating novel PTSD treatments, such as Present-Centered Therapy and Acceptance and Commitment Therapy. Beyond these projects, TRC staff and trainees routinely publish results in peer-reviewed journals, including the Journal of Traumatic Stress, Journal of Consulting and Clinical Psychology, and Behavior Therapy.

Fellows taking part in the TRC research and practice rotation will have an opportunity to assist with current grant-funded studies and develop original projects using clinic data. Additionally, fellows will meet with supervisors for weekly, hour-long meetings, perform analysis using statistical software (SPSS, MPlus), and pursue the presentation and publication of research findings. Alternative options for those in the rotation include the development of review papers, meta-analyses, and grant proposals. Access to statistical and methodological resources and online databases is readily available. Lastly, those interested in consultation related to grant writing and funding mechanisms will have an opportunity to meet with Dr. Kathleen Chard, TRC Director and Associate Chief of Staff for Research at the Cincinnati VAMC.

Fellows completing the rotation will be allotted twelve hours per week for research purposes. To ensure compliance with state board guidelines, fellows’ remaining rotation time will be spent conducting clinical work in the outpatient and/or residential programs. This provides good opportunity for fellows to gain experience in additional evidence-based treatments, including evidence-based substance use therapies (e.g., Mindfulness-Based Relapse Prevention) that are offered to Veterans in our residential treatment programs.

Competencies:
1. Improved skill and ability in conceptualizing research questions and developing analytic plans suitable for associated empirical testing.
2. Increased skill and ability in evaluating empirical research for methodological strengths and weaknesses.
3. Training in a broad range of evidence-based psychotherapies for PTSD
4. Evidence-based assessment of Veterans with PTSD and homeless Veterans
5. Evidence-based assessment screening for co-occurring substance use disorders

Supervisors: Benjamin Dickstein, PhD; Staff Psychologist
Franklin Mesa, PhD; Staff Psychologist
Nicole Pukay-Martin, PhD; Staff Psychologist
Domiciliary for Homeless Veterans

The Ft. Thomas Domiciliary for Homeless Veterans (DOM) is a 58-bed biopsychosocial rehabilitation program designed to address the needs of homeless Veterans and facilitate their reintegration into the community. Although the primary presenting problem for the majority of our residents is substance use disorder, multiple other factors that contribute to homelessness are addressed at our facility. Thus, comprehensive and holistic care is offered to Veterans who suffer from mental health conditions such as mood, anxiety, personality, and/or psychotic disorders as well as other contributing medical, educational, and vocational needs. Because the problem of homelessness is multifactorial, several individually-tailored treatment goals are addressed during each resident’s stay at the Domiciliary including: long-term sobriety, health maintenance, self-management skill training, employment, money management, improved quality of life, and community reintegration.

Fellows serve as part of an interprofessional treatment team, providing individual and group therapy and teaching psychoeducational classes and integrated care environment that is personalized, pro-active, and patient-driven. Groups and classes are based on the CENAPS model of SUD recovery by Gorski & Miller (1986), as well as values-based behavioral activation treatment for residential settings. Fellows will also receive supervision in other evidenced-based interventions including CBT for substance use disorders, Dialectical Behavior Therapy (DBT), Mindfulness-Based Relapse Prevention (MBRP), Acceptance and Commitment Therapy (ACT), and Motivational Interviewing/Motivational Enhancement Therapy (MI/MET). In addition, Fellows will conduct diagnostic, personality, and functional assessments with a particular emphasis on utilizing these assessments to inform case conceptualization and treatment formulation.

**Supervisors:** Angel Teeters, PsyD; Staff Psychologist, Domiciliary Care for Homeless Veterans
Ryan Faulkner, PsyD; Director, Domiciliary Care for Homeless Veterans & Director, Veterans Justice Outreach

**DOM clinic hours:** Because the Domiciliary is a residential rehabilitation center, hours of operation are 24/7. Fellows can train between the hours of 8:00am to 4:30pm, Monday through Friday.

**DOM team meetings:** Interdisciplinary treatment team meetings to screen new admissions and staff current cases – Monday-Fridays 8:00-9:00am; mental health counselors meetings – Thursdays 3:00-4:00pm.
Minor Rotation Opportunities

Fellows will also choose from three minor rotations. Minor rotations are 8 hours per week. These rotations include

- Trauma Recovery Center Research
- Telehealth for PTSD treatment
- Family/Couples Intervention

**Trauma Recovery Center Research**

Trauma Recovery Center staff are actively involved in ongoing applied clinical research. As part of the research minor rotation, Fellows would have the opportunity to utilize the clinic's large-scale database of nearly 3,000 patients who have participated in either the outpatient or residential Trauma Recovery Center treatment programs. These data are collected as part of routine clinical care through the Trauma Recovery Center and include structured clinical interview data (e.g., CAPS, SCID), primary self-report outcome measures (e.g., PCL, PHQ-9), secondary self-report measures (e.g., measures of coping, trauma-related cognitions, etc.), and information gathered from clinical chart review (e.g., session attendance and therapy session content, demographic information, etc.). The datasets provide opportunities for Fellows to gain experience in effectiveness and quality improvement research. In addition, Trauma Recovery Center staff are actively involved in funded efficacy research, and Fellows would have opportunities to learn about grant-writing and administration. Finally, this rotation provides opportunities for Fellows to co-author manuscripts as well as take lead authorship on scientific manuscripts.

* please note that if you train on the Research and Practice Major rotation during the year you may only do this as a six month minor rotation.

**Supervisors:**

Kathleen Chard, PhD; Director, Trauma Recovery Center
Benjamin Dickstein, PhD; Staff Psychologist, Trauma Recovery Center
Telehealth for PTSD treatment

As presented on the website for the National Center for PTSD (http://www.ptsd.va.gov/professional/pages/ptsd-telemental.asp): Many individuals in need of specialized posttraumatic stress disorder (PTSD) services live in geographically remote regions, such as on tribal reservations or in rural areas. Since people with PTSD often use self-isolation to reduce stimulation, hyperarousal, and interpersonal conflict, people with PTSD are more likely to settle in remote areas with low population densities. Mental health care in these remote areas is generally only available on a limited basis - especially mental health care for PTSD. Traditionally, these individuals do not get the services they need. Sometimes an individual will travel a great distance to a larger city, or the clinicians based in the larger medical centers will travel a great distance to visit rural communities. As a result, providing PTSD care to these individuals can impose a tremendous financial, travel, or personnel burden. Telemental health technology is increasingly easing these burdens by making PTSD clinical and educational services available in remote areas.

Postdoctoral Fellows working in this minor will join our already established telehealth team and provide evidence based treatments for PTSD to Veterans using telemental health technology. They will also become familiar with the means of overcoming access issues for our Veterans living in rural areas. This telehealth team is located at the Fort Thomas, KY, campus of the Cincinnati VAMC.

Please note that in order to do this rotation, the Fellow must already have advanced skills in providing CPT.

Supervisors:  
Kathleen Chard, PhD; Director, Trauma Recovery Center  
Meredith Klump, PhD; Staff Psychologist, Trauma Recovery Center  
Nicole Pukay-Martin, PhD; Staff Psychologist, Trauma Recovery Center
Family/Couples Intervention

A central source of social support for our Veterans comes through the quality of the relationships they have with their partners. Postdoctoral Fellows on this rotation will have the opportunity to learn two empirically-supported cognitive-behavioral psychotherapies for couples through the Trauma Recovery Center (TRC). The TRC is a multidisciplinary program focused on providing treatment to Veterans who have survived traumatic experiences, and is located at the Fort Thomas, KY, campus of the Cincinnati VAMC.

Fellows will have the opportunity to learn general cognitive-behavioral couples therapy, which is empirically supported for improving couple relationship adjustment. General cognitive-behavioral couples therapy focuses upon improving positive behavioral exchanges, improving communication, and addressing problematic cognitions that are contributing to couple distress and conflict.

Cognitive behavioral conjoint therapy (CBCT) for PTSD is a therapy that is currently being nationally disseminated by the VA. This therapy teaches couples skills for both reducing PTSD symptoms and improving their relationships. CBCT for PTSD utilizes techniques to help couples to learn to undermine avoidance and address problematic cognitions related to the traumatic events. CBCT for PTSD also helps couples to improve their conflict resolution skills, improve communication, and increase positive behavioral exchange within their relationship.

**Supervisor:** Nicole Pukay-Martin, PhD; Staff Psychologist, Trauma Recovery Center
Background

The Veterans Health Administration is the largest single provider of HIV and hepatitis C (HCV) care in the United States. Veterans with these medical conditions often have mental health and substance use treatment needs. Addressing the significant psychiatric needs of these patient populations promotes health, wellness, and successful treatment and disease management. The Liver Disease & HIV focus area provides the opportunity to receive quality training in order to effectively treat these complex patient populations.

The Fellowship position is focused on the effective, independent, and ethical mental health treatment of individuals with co-existing SUDs and Liver Diseases (including HCV), and HIV. Our purpose is to train psychologists who are able to accurately diagnose patient problems; implement evidence-based treatments; consume with sophistication the clinical research literature and translate new findings into clinical practice. Fellows receive specialty training in HIV, hepatitis C, advanced liver disease, as well as dedicated training in SUDs assessment and treatment while working on integrated care teams to assess and address the mental health needs of patients living with HCV mono-infection, advanced liver disease, HIV, and HCV/HIV co-infection. We expect training experiences will foster a deep understanding of the interrelationships between substance use, psychiatric disorders, and complex medical conditions. In addition, Fellows will gain increased recognition and appreciation of how treatment of mental disorders can improve the overall care of veterans with HCV, HIV, and advanced liver disease.

Based on a scientist-practitioner model in which clinical work and research complement each other, the program trains Fellows in advanced clinical skills and provides them exposure to clinical/programmatic research. We actively encourage Fellows to adopt a rational-empirical process to understand and evaluate their clinical activities, to critically evaluate, integrate, and apply the current scientific literature to their various professional activities in accurate and culturally sensitive ways, and to actively provide, seek, and use feedback to assist with their mastery of the program’s core training competencies.

Goal: Fellows will develop an understanding of the relationship between substance use, psychiatric disorders, and complex medical conditions. In addition, Fellows will gain skills with empirically-based mental health assessments and treatments that are integral to the holistic care of veterans with HCV, HIV, and advanced liver disease.

Competencies

1. Increased proficiency in the diagnosis of Substance Use Disorder and co-morbid mental health conditions, as well as knowledge about Liver Diseases and HIV.
2. Increased proficiency in the use of empirically supported treatments for SUD including Motivational Interviewing and Motivation Enhancement techniques.

3. Proficiency in the use of the clinical research literature related to SUD, Liver Disease, and HIV to inform assessment and treatment.

4. Effective participation in integrated care teams including collaboration with health care professionals from other disciplines.

5. Increased proficiency in research methods and/or program evaluation methods relevant to the treatment of SUD, Liver Disease, and HIV.

**Training Rotations**

This Fellowship consists of a Major rotation divided into two six month experiences, and one Minor rotation. The supervisor for this Fellowship is Octaviana Hemmy Asamsama, PsyD, DrPH, who is a staff psychologist in the SUDEP program.

**Major Rotation**

The Major rotation experiences take place within 2 SUD treatment programs and 3 Medical program.

**The SUDEP Outpatient Services Program** provides mental health services that have been shown to be effective in assisting veterans to build and maintain recovery from addictive disorders. Over 65 groups a month are offered as part of the outpatient addiction treatment program. Fellowship training experiences include assessment of addiction and co-occurring mental illness disorders, as well as providing individual and group addiction treatment. As there is considerable prevalence of substance use disorders within the liver disease, HIV, and HCV patient populations, the Fellow will be part of the OP SUDEP treatment team. The Fellow will typically provide individual or group therapy for veterans with HCV/HIV and liver disease. Treatment can include increasing their readiness for HCV treatment, improving medication adherence, and also addressing any other comorbid psychiatric concerns. The Fellow will serve as a consultative liaison between the HCV, HIV, and Liver Clinics and the SUDEP program and work on initiatives related to HCV, HIV, and liver disease patient education projects.

**Substance Use Disorder Residential Rehabilitation Treatment Program** (SARRTP) is a 17-bed residential program for Veterans whose primary presenting diagnosis is Substance Use Disorder. The average length of stay is approximately 21 days with 380-400 admissions per year. Veterans treated on this unit frequently present with a number of complicating factors, including comorbid psychiatric diagnoses, serious psychosocial stressors (e.g., homelessness, legal issues, relational discord), and co-occurring physical conditions (e.g., poor overall health, cognitive problems, substance-related medical conditions).
Fellows will join a collaborative, multidisciplinary setting in which physicians, psychologists, pharmacists, social workers, nurses, and addiction therapists work together to provide a holistic approach to care. Fellows will work specifically with veterans to improve their readiness for hepatitis C treatment.

The HCV Clinic is an interdisciplinary clinic that serves veterans with hepatitis C. The Fellow provides integrated mental health services in this clinic that range from brief assessment & triage, consultation with medical providers, and individual and group psychotherapy to address a range of presenting concerns including: HCV treatment readiness, medication adherence, reinfection, sexual risk reduction, stress management, and other health management skills such as smoking cessation, insomnia & weight management. Fellows also address general mental health concerns that may arise, such as depression, anxiety and post-traumatic stress disorder.

The Liver Clinic is a specialty clinic that manages veterans with advanced liver diseases. The Fellow serves as a member of this specialty team and meets with veterans in collaboration with the medical providers to aid in the identification of potential challenges to treatment, provide brief interventions & refer to specialty mental health as appropriate. Through both the Liver and HCV clinics, the Fellow aids in assessing veterans readiness for HCV treatment and provides treatment support as needed. Fellows also have the opportunity to participate in the Liver Transplant Evaluation process.

The Infectious Diseases program includes general infectious diseases consultative services for inpatients at the Cincinnati VAMC and outpatient consultative services both locally and for Central and South Eastern regions of the VHA's VISN 10. By way of a Patient Aligned Care Team (PACT) Model, the Section provides comprehensive specialty and primary care for approximately 200 HIV infected Veteran patients from this medical center and Central and South Eastern VISN 10. This PACT also manages the care of HIV/HCV coinfected Veterans. The team has a robust anal carcinoma prevention program that includes screening, diagnosis and long term management. Fellows will have the opportunity to provide assessment, intervention, and consultative services to veterans under the care of the PACT team.

Minor Rotation in Research and Evaluation

As part of the training year, Fellows participate in research/program development & evaluation projects. Fellows work closely with their supervisors to develop ideas for projects that are feasible to complete within the training year. This may include contributing to a manuscript, conducting a small independent research study, or development of a new clinical initiative and evaluation of its impact. Fellows have access to relevant clinical and research software, such as CPRS/Vista, SPSS, SAS, Excel, and will be expected to present their findings to psychology and HCV or Liver clinic staff at the completion of their Fellowship.
Rotation Specific Didactics

The Liver Disease/HIV Fellow will be part of the nationwide network of Fellows participating in this specialized training. As part of the National Liver Disease/HIV Fellowship network, the Fellow attends weekly didactic webinars on topics relevant to HIV, Liver Disease and integrated mental health care. The Fellow also attends monthly conference calls with the national program coordinator and other Fellows to discuss training progress and clinical topics, as well as to develop cross-site collaboration. The Liver/HIV Fellow also has access to the HIV/HCV program’s sharepoint site which provides the opportunity to share resources with Fellows at other VAs nationwide. Finally, the Fellow has the option to attend other national calls related to HIV and Liver Disease management that include both medical and mental health providers.

Motivational Interviewing and Motivation Enhancement Therapy. Fellows will have the opportunity to attend a two and a half day workshop on Motivational Interviewing and Motivation Enhancement Therapy provided by Jonathan Steinberg, PhD, and Shari Altum, PhD. Upon completion of this training, Fellows are invited to attend a weekly MI consultation group and to practice MI skills and receive coded feedback about their use and mastery of the MI/ MET skills. Both Dr. Steinberg and Dr. Altum are members of the Motivational Interviewing Network of Trainers (MINT).
A Fellowship project will be conducted by all postdoctoral Fellows related to their training activities and Learning Plan. These projects will be overseen by the Psychology Training Committee, and will culminate in a project presentation to our staff and trainees each Spring. Projects are intended to be related to team-based care. This may involve program-level or team-level activities and goals, elements of “Lean” system redesign, facilitating the adoption of team-based care within our facility, modifying existing patient care practices, developing new mental health initiatives, or assisting existing team-based care teams to measure and evaluate their effectiveness.

Examples of current projects in our Fellowship program include:

- Implementation and evaluation of an Interprofessional group treatment for diabetes in conjunction with Primary Care, the facility diabetes educator, and the Psychology Program.

- Partnering with the Whole Health Initiative to monitor outcomes of the Red Carpet Welcome program for new enrollees. Goal is to increase Veteran interaction with Primary Care clinic and expand wellness services.

- Outcome assessment project to determine whether Homeless Veterans are benefiting from the Distress Tolerance (DT) curriculum in the Domiciliary Program.

- Investigation of the drop-out rates for PTSD treatments in the TRC, and examination of whether drop-out rates differ based on treatment modality. The information is designed to provide preliminary information about where to focus program development efforts.

- Project to improve psychosocial services for oncology patients at the Cincinnati VAMC by integrating mental health services into the oncology clinic. This included implementing a psychosocial distress screening and referral process for all new oncology patients, providing both brief and extended psychological interventions with oncology patients who report psychosocial distress, and serving as the oncology team consultant on mental health issues that serve as barriers to effective medical treatment. The project also included conducting shared appointments with medical fellows, and collaborating with Palliative Care/Hospice services.
Professional Conference

Professional Conference meets weekly for one hour. It is designed to meet the interests and growth needs of the professional Psychology staff, Postdoctoral Fellows, and Doctoral Interns. The Cincinnati VA Psychology Training Program is an approved provider of Mandatory Continuing Education credits for licensed psychologists by the Ohio Board of Psychology, and some of the professional conferences are specialized programs designed for MCE credits. Our psychology staff members regularly present at these conferences, and each Fellow will make one presentation during the training year and will involve presenting the results of their Fellowship project. The schedule of conferences for the recent training year is included in Appendix B.

Fellow Seminar

This 60 minute seminar is attended by Fellows only. Seminars include a combination of didactics and discussion, and are focused on issues of specific interest for the Fellowship. Seminars may be one-time presentations or span multiple sessions. Fellows are expected to lead a journal club-style presentation and discussion at least twice during the year. Some recent topics have included:

- Behavioral Health Coordination in the VA system
- Emergencies at the VA / Suicide Prevention
- Psychology Licensure/Loan forgiveness
- Sexual Diversity
- Military Sexual Trauma
- Management and Leadership in the VA
- Career paths and Agency Leadership
- Career advancement and the National Center for Organizational Development
- Gender and Sexual Orientation Diversity In the Clinical Setting: How to work more affirmatively and effectively
- Military Culture
- Motivational Interviewing
- Issues in Supervision: Models, Methods of Providing Feedback, and Cultural Considerations

In addition to rotation-specific trainings, during the course of the training year postdoctoral Fellows will have access to National Calls, National Seminars, sharepoints,
and trainings related to PTSD treatment and Mental Health Care for Homeless Veterans

**Fellow Hour**

Each week, Fellows have one protected hour to meet together. This allows them to maintain consistent contact with one another since they may otherwise have limited weekly contact aside from didactic trainings. As a program, we encourage each Fellow to use this protected time as a source of peer support and resource for navigating this year of training and preparation for future career plans.
Applying to the Fellowship

Fellowship Year & Stipend

The Fellowship year begins August 31, 2020 and ends August 27, 2021. The training stipend is $47,902. Fellows receive 10 paid federal holidays and 13 days of leave for vacation and/or professional development. State and federal income tax and FICA (Social Security) are withheld from Fellows’ checks. The United States government covers trainees for malpractice under the Federal Tort Claims Act. The Fellowship is a full-time training experience and lasts a full calendar year.

Eligibility Requirements

Applications for the postdoctoral Fellowship program are welcome from individuals who will have met the following requirements by the start of the Fellowship:

• Have received a doctorate from an APA or CPA accredited graduate program in Clinical, Counseling, or Combined Psychology or PCSAS accredited Clinical Science program. Persons with a doctorate in another area of psychology who meet the APA or CPA criteria for respecialization training in Clinical, Counseling, or Combined Psychology are also eligible

• Have completed an internship program accredited by APA or CPA or have completed a VA-sponsored internship.*

• U.S. citizenship. VA is unable to consider applications from anyone who is not currently a U.S. citizen. Verification of citizenship is required following selection. All fellows must complete a Certification of Citizenship in the United States prior to beginning VA training.

• Federal law requires that most males living in the US between the ages of 18 and 26 register with the Selective Service System. Male, for this purpose, is any individual born male on their birth certificate regardless of current gender. Males required to register, but who failed to do so by their 26th birthday, are barred from any position in any Executive Agency. Visit https://www.sss.gov to register, print proof of registration or apply for a Status Information Letter.

• Fellows are subject to fingerprinting and background checks. Selection decisions are contingent on passing these screens. Please review link to federal website that explains screening requirements
• VA conducts drug screening exams on randomly selected personnel as well as new employees. Postdoctoral Fellows are not required to be tested prior to beginning work, but once on staff they are subject to random selection for testing as are other employees. Ongoing participation in the Fellowship is contingent on passing these screens.

• We believe that diversity among departmental members strengthens our staff, stimulates creativity, promotes the exchange of ideas, and allows us to provide more sensitive and effective patient care. We welcome diversity in our Fellowship class, and we warmly encourage minorities and persons of diverse backgrounds of all types to apply.

* Note: Except for the completion of the pre-doctoral internship, ALL doctoral degree (academic, administrative, clinical) requirements MUST be completed no later than July 1, 2020. Additionally, applicants must complete their internships prior to August 31, 2020. Acceptance into the Cincinnati VAMC Fellowship program is dependent upon meeting this criterion.

If your school has a graduation date that occurs after September 1, 2020, you are qualified to begin the Fellowship year provided that you have completed all academic (including final department approval of dissertation), clinical (including internship), and administrative (approval from school director of training) requirements prior to September 1, 2020. In these situations, we require a certified letter from your school’s registrar indicating that you have met all requirements for graduation.

Very strong candidates for our Fellowship would be those who have achieved one or more of the following in their internship and practicum experiences:

• Clinical Experience: Strong applicants have multiple experiences in Evidence-Based Practices and client-centered approaches to treatment. The applicant effectively describes the importance of placing the interests of patients at the center of health care delivery in their application and interview.

• Team Based Professional Care: Strong applicants have experience as a member of one or more inter-professional teams and are able to verbalize the importance of working in cooperation with those who receive care, those who provide care, and others who contribute or support the delivery of prevention and health care services.

• Clinical Experience: Strong applicants have clinical training and experiences working with populations consistent with our site (e.g., military personnel or Veterans, health psychology, substance use disorders treatment, hospitals, adults, trauma treatment, homelessness). They will also have experience with at least one empirically-supported treatment.
• Scholarship: Strong applicants have first-authored research and/or professional presentations on matters related to the postdoctoral training experience (e.g. interprofessional care, health psychology, dual diagnosis treatment, or trauma treatment, mental health care for the homeless including issues such as post deployment stress and substance use disorder, HIV or liver disease)

• Diversity: Strong applicants have demonstrated a pattern of valuing diversity through prior work with diverse clients and strong articulation of a sensitivity to and/or awareness of diversity considerations in their applications and interviews.

• Goodness of fit: Strong applicants’ training experiences, scholarship, and self-stated career goals are consistent with the objectives of this Fellowship and with the scientist practitioner model of training in this program.

• Dissertation: Strong applicants have completed all requirements for their dissertation prior to applying to the Fellowship.

Application Process

Application materials are due by 11:59pm on January 1, 2020. We accept only electronic submission of all application materials through the APPA CAS online portal.

Please read and follow instructions carefully and prepare the following:

1. A cover letter that includes a statement of interest. This letter should include your understanding of either interprofessional care, trauma treatment and mental health care for the homeless, or HIV/Liver disease and how this training focus is related to:
   - Your professional interests
   - Any of your relevant educational, clinical, and research experiences
   - Your training needs
   - Your personal goals for the Fellowship
   - Your career goals
   - Your experience with diversity/multiculturalism

Please limit this letter to two single spaced pages or less.

2. A detailed and updated Curriculum Vita. Please include training hours from graduate school and your internship to date. You may also include a section of projected hours and experiences for the remainder of your internship.
3. Transcripts of your graduate work. For the application a scanned photocopy is adequate. However, if you are accepted into the Fellowship Program, you will need to provide an official school copy at that time.

4. Three letters of recommendation. One should come from a faculty member personally familiar with your graduate school performance and at least one from a primary clinical supervisor during your pre-doctoral internship.

A letter of support from your current Internship Training Director that includes a statement that you are in good standing to successfully complete your predoctoral internship, the expected completion date of the internship, and your internship’s APA accreditation status. If you already completed your internship, please include a copy of your internship certificate.

5. If you have not completed your dissertation, we require a letter from your dissertation chairperson describing your dissertation status and timeline.

All applications are reviewed for eligibility after materials are received. Interviews are offered to selective candidates based on rankings by the Postdoctoral Training Committee. Applicants are extended offers based on their written application materials and interview presentation.

We make every effort to keep our review process timely and to keep candidates well informed of their status throughout the selection period. Applicants are welcome to contact Brian Zinnbauer, Ph.D. (brian.zinnbauer@va.gov) at any time during the process.

All application materials should uploaded to the APPA CAS portal

https://appicpostdoc.liaisoncas.com/applicant-ux/#/login
Candidate Interviews and Selection Process

Candidates will be notified if they are being invited for an interview by January 8, 2020. In person interviews are preferred but telephone and video conference interviews may be arranged for applicants unable to travel to our facility. Interviews are considered a two-way process – they will help us evaluate applicants and allow applicants to evaluate our training opportunities. Interviews will be conducted on or around the final week of January, 2020.

In keeping with an effort to standardize the postdoctoral application process with other VHA training sites, we will notify our top-ranked applicants on the Uniform Notification Day in February, 2020. Applicants may hold an offer from our program for 24 hours, after which we will withdraw the offer and offer the position to the next applicant on the rank list.

Contact Information

Fellowship Director
Brian Zinnbauer, Ph.D., is the director of psychology training at the Cincinnati VAMC and coordinates this Fellowship. Contact information for Dr. Zinnbauer is as follows:

Brian Zinnbauer, Ph.D., ABPP
Chief, Psychology Program
Director, Psychology Training Program
Cincinnati VAMC
3200 Vine St. Cincinnati OH  45220
office (513) 861-3100  x4969
E-mail: brian.zinnbauer@va.gov

Accreditation
This post-doctoral Fellowship Program is currently accredited by the Commission on Accreditation of the American Psychological Association.

* Questions related to the program’s accredited status should be directed to the Commission on Accreditation: :

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002 - 4242
Phone: (202) 336-5979    TDD/TTY: (202) 336-6123
E-mail: apaaccrced@apa.org
Web: link to the APA website
It is important for us to let you know that, in accord with the Federal Drug-Free Workplace Program, Fellows accepted here may be asked to submit a urine specimen as part of their pre-employment physical. Other branches of the federal government may also conduct routine background checks as an additional pre-employment requirement. Incorrect, incomplete or falsified information may be grounds for dismissal. By submitting an application for Fellowship, you are agreeing to these conditions, as well as authorizing release of information. You are also agreeing to abide by all policies and procedures of a federal workplace, should you accept a training position at the Cincinnati VA Medical Center.

**Licensure**

Fellows are registered with the Ohio Board of Psychology as Postdoctoral Fellows. This postdoctoral program meets the Ohio State Board of Psychology's licensure requirements for supervised postdoctoral hours.
Psychology Training Staff

The broad range of background, expertise, and experience represented in the staff at the Cincinnati VA is also reflected in the variety of clinical services delivered throughout the hospital. Staff who are actively involved in the training program are listed below.

Shari Altum, Ph.D.
University of Cincinnati, 2002
Staff Psychologist, Health Behavior Coordinator, Primary Care

As the Health Behavior Coordinator, Dr. Altum promotes evidence-based patient-driven care in Health Promotion and Disease Prevention (HPDP). Along with the HPDP Program Manager, she plans, develops, implements, monitors, and evaluates programs in Primary Care designed to promote health and prevent disease. She leads and coordinates training and ongoing coaching for primary care staff in patient-centered communication, health behavior change, and self-management strategies, including motivational interviewing. She works collaboratively with the Mental Health Primary Care Integration staff to integrate behavioral medicine interventions and services within primary care. She co-leads medical group visits to address weight control and the management of several chronic medical diseases. She completes psychological assessments for Veterans preparing to have transplants, bariatric surgery, Hepatitis C treatment, or insulin pump. Dr. Altum completed her pre-doctoral internship at the Cincinnati VA Medical Center in 2001 with a focus on primary care. She was employed by a community mental health center in Southeastern Indiana for 8 years before returning to the VA. There she was the coordinator for integrated primary care and mental health services and developed a co-located program in a community health center.
Gregory W. Bailey, Ph.D.
Loyola University Chicago, 2002
Staff Psychologist, Trauma Recovery Center
Lead Clinician, PTSD/TBI Residential Program

Dr. Bailey is a staff psychologist in the Trauma Recovery Center. He works in the residential program for Veterans with PTSD and Traumatic Brain Injury and the outpatient PTSD program. Dr. Bailey provides individual, group, and couples-based therapy as well as diagnostic assessments. In addition to the cognitive-behavioral approach used in the residential PTSD/TBI program, Dr. Bailey has experience with interpersonal and family based approaches to psychotherapy. Dr. Bailey earned his Ph.D. from Loyola University in Chicago, Illinois. Before coming to the Cincinnati VA, Dr. Bailey worked for a non-profit organization recognized for research, training, and clinical service provision to children and families affected by prenatal substance exposure. His responsibilities included providing psychological services to high risk children, adolescents, young adults and their families.
John J. Barrett, Ph.D.

University of Alabama at Birmingham (UAB), 1997
Staff Psychologist, Community Living Center

Dr. Barrett functions on a part-time basis as a member of the multidisciplinary team at the Community Living Center who care for patients in both long-term care and short-term rehabilitation settings. He earned his doctorate in the clinical medical psychology program at UAB and completed his internship at the University of Florida, followed by a two year postdoctoral Fellowship in neuropsychology at the Cleveland Clinic. Currently he is an Associate Professor in the Department of Psychology at Xavier University where he teaches geropsychology courses to clinical doctoral students and undergraduates. Dr. Barrett also earned an M.S.W. and a certificate in gerontology from The Catholic University of America and has two master’s degrees in theology. Throughout his career, he has provided clinical services to older adults and their caregivers in a variety of settings. His clinical and research interests are in geropsychology (e.g., complicated grief in older adults) and geriatric neuropsychology. Dr. Barrett joined the Cincinnati VAMC staff in the fall of 2012.
Nicola K. Caldwell, Ph.D.
University of Pittsburgh, 2003
Associate Director, Trauma Recovery Center

Dr. Caldwell completed her Ph.D. at the University of Pittsburgh and her postdoctoral training with the United States Army where she served as an Active Duty officer at the rank of Captain providing a full range of psychological services for eligible military personnel and their dependents. She is a staff psychologist in the Trauma Recovery enter, lead therapist for the men’s PTSD residential program, and the coordinator for all residential PTSD programs. Working primarily in the residential programs, Dr. Caldwell provides individual and group psychotherapy utilizing cognitive behavioral approaches within an integrated client-centered, humanistic and systems theoretical framework. She also conducts diagnostic assessments for both outpatient and residential programs. Dr. Caldwell provides supervision for interns in the areas of diagnostic assessment and individual and group psychotherapy. From a clinical and research perspective, she is interested in treatment outcomes, and exploring conduits to bridging the research to practice gap.
Dr. Chard is the Associate Chief of Staff for Research, Director of the Trauma Recovery Center and she is a Professor of Clinical Psychiatry and Behavioral Neuroscience at the University of Cincinnati. In her position she oversees the outpatient and residential treatment programs in the Trauma Recovery Center. Dr. Chard is also the Director the National VA CPT Dissemination Initiative designed to provide training and consultation in Cognitive Processing Therapy to clinicians throughout the VA system. Dr. Chard completed her Ph.D. at Indiana University and her postdoctoral training at the Center for Trauma Recovery in St. Louis, Missouri. Her prior positions were as an Associate Professor and the Director of the Center for Traumatic Stress Research at the University of Kentucky. Dr. Chard is the creator of Cognitive Processing Therapy for Sexual Abuse and she is co-author of the Cognitive Processing Therapy for PTSD: Comprehensive Manual. Dr. Chard’s research interests include examining the effectiveness of empirically supported, cognitive treatments for the treatment of Posttraumatic Stress Disorder, as well as the mediating effects of positive psychology variables on treatment outcome. She is currently Co-Chair of a 17-site study comparing CPT with Prolonged Exposure in Veterans of all eras. Dr. Chard is a past Associate Editor of the Journal of Traumatic Stress and a member of the ISTSS Board of Directors. She has over 50 peer reviewed manuscripts and numerous presentations related to PTSD and efficacy-based treatments.
Benjamin D. Dickstein, Ph.D.

Boston University, 2013
Staff Psychologist, Trauma Recovery Center

Dr. Dickstein received his doctoral degree from Boston University in 2013 and was a member of the Cincinnati VAMC internship class during the 2012-2013 training year. During his time in graduate school, he received specialized training in PTSD assessment and intervention at the VA Boston Healthcare System and National Center for PTSD. He currently works in the outpatient and men’s residential treatment programs at the TRC. In addition, Dr. Dickstein is an active member of the TRC research team and Local Site Investigator for VA Cooperative Studies Project 591, a multi-site trial comparing the relative effectiveness of Prolonged Exposure and Cognitive Processing Therapy. His research interests include mechanisms of psychotherapy, treatment enhancement, and barriers to mental healthcare. He supervises interns completing a PTSD research minor.
Dr. Fahey is currently one of the lead clinicians in the women’s PTSD Residential program, a position she has held since joining the VA in 2008. She completed a doctoral internship and a postdoctoral fellowship at the University of Illinois Medical Center at Chicago (UIC), Department of Psychiatry, specializing in stress and anxiety disorders and cognitive behavior therapy. While at UIC she served as a certified cognitive therapist on the STAR*D treatment effectiveness study, a large, multi-site study sponsored by NIMH designed to assess the effectiveness of a variety of treatments for depression. During her fellowship year at UIC she also completed additional research training in The Brain-Body Center and provided cognitive-behavior therapy supervision to PGY-3 Psychiatry Residents. In her current position, Dr. Fahey conducts diagnostic assessments in both the residential and outpatient programs, and also provides individual and group treatment to Veterans with PTSD. Dr. Fahey provides clinical supervision for interns in the areas of diagnostic assessment, individual therapy, and group therapy. Her theoretical orientation is cognitive-behavioral.
Ryan Faulkner, Psy.D.
Wright State University, 2004
Director, Domiciliary Care for Homeless Veterans
Director, Veterans Justice Outreach

In his position as Director of the Domiciliary, Dr. Faulkner oversees the administrative and clinical functions of the Domiciliary, Veterans Therapeutic Work Program, and the Veterans Justice Outreach program. His clinical work is predominately focused on cognitive-behavioral approaches. His current clinical interests are in the areas of substance use disorders, co-morbid mental health conditions, and sociological factors contributing to homelessness. Dr. Faulkner also has considerable experience with PTSD, having served as the Associate Director of the Trauma Recovery Center from 2008-2012.

Prior to coming to the Cincinnati VAMC, Dr. Faulkner was employed with a community mental health agency where he served as the community and treatment liaison to the Northern Kentucky adolescent drug courts as part of a 3-year SAMHSA grant. As part of this position, Dr. Faulkner provided clinical and administrative oversight to the intensive outpatient treatment providers of 3 adolescent drug courts in the region, coordinated the development of appropriate process and outcome measures in order to evaluate the effectiveness of the treatment program, coordinated IOP treatment with the court system, local school districts, and various social service agencies, and developed and maintained community contacts in order to increase appropriate adolescent referrals and participation in drug courts and IOP treatment.
Janell Giannitelli, Psy.D.

Xavier University, 2004
Associate Director, Psychology Training Program
Staff Psychologist, Bellevue, KY Community Based Outpatient Clinic (CBOC)

Dr. Giannitelli works in one of the Cincinnati VA’s community based Outpatient clinics (CBOC). The clinic is located in Bellevue, Kentucky (which is across the river from downtown Cincinnati) and is designed to offer outpatient services to Veterans in a location closer to where they live. The clinic offers services in primary care, nurse triage and anticoagulation, lab work, psychology, psychiatry, social work, optometry, pharmacy, and nutrition. Dr. Giannitelli provides individual and group therapy, psychological assessment, and psychoeducational classes to Veterans with a wide range of presenting problems.

Her clinical approach is an integration of cognitive-behavioral and interpersonal process techniques. She adapts her approach to therapy based on the individual needs of each client. Dr. Giannitelli values multidisciplinary collaboration and strives to facilitate comprehensive care for her clients, especially clients dealing with health issues. She also enjoys taking part in the training program and supervising interns and practicum students. In her position as Associate Director of the Psychology Training Program, she assists with the development and management of the doctoral internship and clinical practicum training programs.
Nancy G. Gustin, Psy.D.
Wright State University, 2005
SUD-PTSD Psychologist, Trauma Recovery Center

Dr. Gustin received her doctoral degree in Clinical Psychology from the Wright State University School of Professional Psychology in 2005. She completed her clinical internship at the Dayton VAMC in Dayton, Ohio with a focus on the treatment of Posttraumatic Stress Disorder (PTSD). As the Substance Use Disorders – PTSD Psychologist in the Trauma Recovery Center, she works in the residential and outpatient programs and specializes in the provision of Motivational Interviewing/Motivational Enhancement Therapy, Seeking Safety, Harm Reduction, Cognitive Behavioral Relapse Prevention, and Mindfulness Based Relapse Prevention with dually diagnosed Veterans. She also conducts diagnostic evaluations and provides individual, group, and couples psychotherapy to dually diagnosed Veterans. Her research interests include couple-based treatments for PTSD and SUD and examining PTSD treatment outcomes in Veterans with co-morbid PTSD and SUD. Prior to her position at the Cincinnati VA, Dr. Gustin was the Director of the Posttraumatic Stress Disorder, Military Sexual Trauma, and OIF/OEF Outreach Programs at the Dayton VAMC.
Danny Hall, Ph.D.
University of Akron, 2004
Coordinator, Outpatient SUDEP program

Dr. Hall completed a 2-year NIDA funded addiction treatment research postdoctoral fellowship at the University of California, San Francisco (UCSF) in 2006. After that training he accepted a position at the Detroit VAMC in which he designed an intensive outpatient program (IOP) for addiction treatment. He was the coordinator of this program from 2006-2012. Also, he assisted in the writing the proposal that lead to that VA being awarded a postdoctoral fellowship in addiction psychology. He was the primary supervisor for that program and it was APA-accredited in 2012. Dr. Hall currently serves as a psychologist in Substance Dependence Programs (SUDEP) as part of comprehensive, multidisciplinary outpatient and residential treatment directed toward assisting Veterans with substance use disorders and their families. As a SUDEP psychologist Dr. Hall provides psycho-diagnostic assessment, therapeutic, and psycho-educational interventions as well as consultative services to Veterans who manifest symptoms of substance use disorders as well as other co-morbid disorders and conditions. Additionally, he is the coordinator of outpatient services in SUDEP, as well coordinator of Clean Break, a tobacco treatment program housed in the residential substance use disorder clinic. He is developing an IOP within SUDEP and will be the coordinator of that program once established. He is interested in training interns in evidence-based practices, using research to inform policy and practice, to create psychologists who are well versed in a NIDA-driven, science-based understanding of addiction and its treatment.
Dr. Hemmy Asamsama is currently a staff psychologist in the residential and outpatient Substance Dependence Program (SUDEP). She obtained her dual doctorates in Clinical Psychology (PsyD) and Public Health Preventive Care (DrPH) from Loma Linda University. She completed her internship at CVAMC and she was a HIV Liver Disease Fellow at the Washington DC VA Medical Center. Her areas of clinical and research interests include chronic health management, psychological wellness, substance use, health-care overutilization, clinical research, program development, and evaluation. Dr. Hemmy Asamsama is the primary investigator of an ongoing archival study of veterans receiving substance use treatment in CVAMC. She is also the primary supervisor of the HIV and Liver Disease Fellowship. She has earned awards at the national levels in her field and has published several peer-reviewed papers in a variety of journal types. She has given national presentations and has experience teaching MI and other modalities to trainees.
Wes S. Houston, Ph.D.
University of Cincinnati, 2001
Director, Neuropsychology Clinic
Director, Assessment and Intensive Care Division

Dr. Houston is a clinical neuropsychologist who received his Ph.D. in Clinical Psychology from University of Cincinnati, and completed internship at the VA San Diego Healthcare System/University of California, San Diego, and postdoctoral fellowship at the San Diego VA. He works closely with the rest of the Neuropsychology team consisting of Drs. Harper, Kelkar and Rigrish. He is involved in the training of graduate students, doctoral interns and postdoctoral fellows on the Neuropsychology rotation. Areas of clinical interest include age-related cognitive decline, neuropsychological functioning in early dementia, and neuropsychological functioning in veterans with mild TBI. He continues to serve as an ad-hoc reviewer for several neuropsychology journals.
Kalika Kelkar, Psy.D.
Virginia Consortium Program in Clinical Psychology, 2011
Staff Psychologist, Neuropsychology & Trauma Recovery Center

Dr. Kelkar completed her internship at the Coatesville VA Medical Center, PA, followed by a neuropsychology postdoctoral residency at the Edith Nourse Rogers Memorial VA Medical Center, Bedford, MA. She provides clinical services and supervision of practicum students, interns, and postdoctoral fellows at the Neuropsychology Clinic in Cincinnati, OH and the Fort Thomas, KY facility. Clinical responsibilities in the Neuropsychology Clinic include neuropsychological assessments for patients with cognitive complaints secondary to traumatic brain injury, dementia, stroke, seizure disorders, movement disorders, and psychiatric disorders. At Fort Thomas, she conducts neuropsychological assessments for veterans participating in the residential PTSD/TBI treatment program. She is involved in a multidisciplinary treatment team and provides treatment recommendations in the context of cognitive sequelae secondary to TBI. She also completes outpatient neuropsychological assessments for veterans referred through the Trauma Recovery Center.
Meredith Klump, Ph.D.

Suffolk University, 2009
Staff Psychologist, Trauma Recovery Center

Dr. Klump is currently one of the lead clinicians in the women’s PTSD Residential treatment program. She received her PhD in clinical psychology from Suffolk University in Boston, MA. She completed a clinical internship at the Northampton, MA VAMC and postdoctoral fellowship in Behavioral Health at the Bedford, MA VAMC. She spent two years at the Providence, RI VAMC as a staff psychologist in integrated Primary Care and Behavioral Health. She has clinical training and experience providing evidence based cognitive behavioral therapies for conditions such as PTSD and concomitant anxiety and mood disorders, chronic pain, and other psychological and acute medical conditions. In her current position, Dr. Klump provides evidenced based treatment interventions (i.e., Prolonged Exposure and Cognitive Processing Therapy) in person and via telemental health for Veterans diagnosed with PTSD. She also provides individual and group psychotherapy in the women’s residential treatment program and conducts diagnostic assessments for the outpatient and residential programs. Dr. Klump provides clinical supervision for interns and postdoctoral fellows in the areas of individual and group therapy, and diagnostic assessment.
Jennifer Lewis, Ph.D.

Western Michigan University, 2003
Staff Psychologist, Trauma Recovery Center
Outpatient Program
VISN 10 Regional CPT Trainer

Dr. Lewis received her PhD from Western Michigan University in Kalamazoo, Michigan. She completed both her Psychology Internship and Postdoctoral Fellowship within the Posttraumatic Stress Disorder Program (now Trauma Recovery Center) at the Cincinnati VAMC. Dr. Lewis conducts diagnostic assessments and facilitates group and individual therapy at the Trauma Recovery Center from a cognitive behavioral perspective. The TRC provides services to Veterans of all eras of war and conflict, all branches of the military and with PTSD from childhood, military, and/or civilian experiences. Dr. Lewis utilizes a variety of evidence based approaches including Cognitive Processing Therapy (CPT), Prolonged Exposure (PE) and Present Centered Therapy (PCT). She works closely with the Trauma Recovery Center’s multidisciplinary team to provide training to Practicum Students, Medical Residents, Psychology Interns, and Postdoctoral Fellows in the areas of evidence based diagnostic assessment, individual psychotherapy and group psychotherapy. In addition to supervising the CPT Minor rotation, she is a Trainer and Consultant for the CPT Implementation Program which is designed to provide training and consultation in CPT to clinicians throughout the VA system. Dr. Lewis’ research interests include treatment outcomes and the interface between research and clinical approaches. She was most recently a Therapist Consultant for the VA Cooperative Studies Project 591, a multi-site trial comparing the relative effectiveness of Prolonged Exposure and Cognitive Processing Therapy.
Franklin Mesa, Ph.D.

University of Central Florida, 2016
Staff Psychologist, Trauma Recovery Center

Dr. Mesa received his doctorate from the University of Central Florida in 2016 and completed the Cincinnati VAMC’s predoctoral internship during the 2015-2016 training year. As a student in the UCF Anxiety Disorders Clinic/RESTORES, he received specialized training in assessment and behavioral interventions for anxiety disorders, including PTSD. An additional focus of his graduate training was utilizing technology (e.g., virtual reality, tablets, and serious games) to enhance clinical practice. He served as a clinician on a Department of Defense-funded clinical trial examining the efficacy of an 3-week, intensive, exposure-based VR intervention for combat veterans of the military conflicts in Afghanistan and Iraq. As a staff psychologist in the Trauma Recovery Center, Dr. Mesa co-leads the PTSD/Traumatic Brain Injury Residential Program and provides evidence-based PTSD interventions to outpatients as well. He is also a member of the TRC research team, where he is broadly interested in elucidating factors that may mediate PTSD treatment outcome. His specific area of focus is the function of sleep quality in the development and maintenance of PTSD. Dr. Mesa supervises interns on the PTSD Research minor rotation.
J. Richard Monroe, Ph.D.

The University of South Dakota, 2009
Staff Psychologist, Trauma Recovery Center
Lead Clinician, PTSD/TBI Residential Program
VISN 10 Regional CPT Trainer

Dr. Monroe is a staff psychologist in the Trauma Recovery Center. He is lead clinician in the PTSD/Traumatic Brain Injury Residential Program, provides psychotherapy services in the outpatient PTSD Program, and actively participates in clinical research. Dr. Monroe completed his Ph.D. in clinical psychology at The University of South Dakota with a specialization in disaster mental health. He completed fellowships with The United States Department of Homeland Security and The Disaster Mental Health Institute. Dr. Monroe’s theoretical orientation is cognitive-behavioral and he places a strong emphasis on providing culturally competent, evidence-based assessment and psychotherapy services. He is a Trainer and Consultant for the Cognitive Processing Therapy Implementation Program and a supervisor in the Trauma Recovery Center. Current research interests include treatment outcome, problematic smartphone use, and motivation enhancement.
Nancy W. Nagel, Psy.D.

Wright State University, 2006
Staff Psychologist, Primary Care/Mental Health Integration Program/Hospice-Palliative Care

Dr. Nagel is a Health Psychologist who works in collaboration with both Primary Care and Hospice-Palliative Care providers. She completed her undergraduate work at Miami University and received her doctoral degree from Wright State University. She completed her post-doctoral training in Health Psychology at the Cincinnati VA Medical Center where she focused on chronic pain rehabilitation. She began her career as one of the original team members in the Pain Clinic where she later became Clinical Director of the Pain Program. During her tenure in the pain clinic she developed the Intensive Pain Rehabilitation Program which is a multidisciplinary non-pharmacologic approach to chronic pain rehabilitation. Her other professional experiences include conducting disability examinations for veterans seeking service-connected benefits for psychological conditions.

Currently, she performs primarily individual psychotherapy within the primary care setting and uses an integrated approach. Additionally, she treats veterans who are admitted to the VA nursing home for Hospice Care and performs a consultative role with the Palliative Care Team. In this role, she provides psychotherapy, conducts decision making capacity evaluations and she is a member of the Life Sustaining Treatment Initiative Board. Last, she is involved with hospital-wide psychosocial evaluations for medical procedures such as solid organ transplantation, placement of insulin pumps and bariatric surgery.
Dr. Nicole Pukay-Martin received her doctoral degree from the University of North Carolina at Chapel Hill where she specialized in the design of couple-based interventions for psychopathology and health problems. She completed her clinical internship and fellowship with a focus on the treatment of posttraumatic stress disorder (PTSD) at the Durham VAMC in North Carolina. Prior to her position at the Cincinnati VA, Dr. Pukay-Martin worked with Dr. Candice Monson at Ryerson University in Toronto as a project coordinator investigating a couple-based intervention for PTSD and examining the interpersonal factors involved in the development and maintenance of PTSD. Her current research interests include examining PTSD treatment outcomes, couple-based treatments for PTSD, interpersonal effects of PTSD, and relational factors involved in the development and maintenance of PTSD. She currently supervises interns on a PTSD research minor rotation and interns wishing to gain specialized training in cognitive-behavioral conjoint therapy (CBCT) for PTSD.
Laura Stayton, Ph.D.

Western Michigan University, 2017
Staff Psychologist, Trauma Recovery Center

Dr. Stayton received her doctorate in clinical psychology from Western Michigan University in 2017. She completed her predoctoral internship at the Cincinnati VAMC in the 2016-2017 training year. She also received additional postdoctoral training at the Cincinnati VAMC. Throughout her graduate training, Dr. Stayton focused on the study of PTSD and effectiveness of evidence-based treatments for traumatic stress as well as behavioral approaches to treatment. She engaged in clinical training at the Battle Creek VAMC in PTSD and substance use. She currently works in the women’s residential program and outpatient clinic in the Trauma Recovery Center and provides services in person and via telemental health formats. Dr. Stayton is also an active member of the TRC research team and has recently published studies evaluating the impact of CPT on suicidal ideation and factors that impact treatment effectiveness.
Jonathan L. Steinberg, Ph.D.

Miami University, 1991
Coordinator, SUD/PTSD Program

Dr. Steinberg’s training emphasized psychodynamic therapies, but he has developed an integrative approach that utilizes more symptom-focused techniques. His work in the SUD/PTSD program incorporates evidence based therapies such as Seeking Safety, Motivational Interviewing, and Prolonged Exposure while maintaining a broader attentiveness to the therapeutic process; Prior to joining the SUD/PTSD program in 2002, Dr. Steinberg worked in the Cincinnati VA’s PTSD program for 10 years. When doing clinical supervision Dr. Steinberg encourages interns to formulate their own ways of integrating and implementing therapeutic approaches which they have learned. Dr. Steinberg enjoys teaching and provides training workshops on Motivational Interviewing to psychology interns, psychiatry residents, and addiction fellows. He holds an Assistant Professor of Clinical Psychiatry appointment at the University of Cincinnati and is a member of the Motivational Interviewing Network of Trainers (MINT). He provides Motivational Interviewing training and coaching to staff across the country as part of the VA’s dissemination of Motivational Interviewing and Motivational Enhancement Therapy.

Outside of the VA, Dr. Steinberg volunteers as a trustee of the Hamilton County Community Mental Health and Recovery Board which allocates public money to Cincinnati area mental health and substance use disorder treatment services.
Dr. Teeters is the staff psychologist at the Domiciliary where she provides individual and group therapy in addition to diagnostic assessments for Veterans with a wide range of presenting concerns. Dr. Teeters primarily utilizes a cognitive-behavioral approach but has training in a number of other interventions and approaches including Acceptance and Commitment Therapy, Cognitive Processing Therapy, Dialectical Behavior Therapy, Motivational Interviewing, Mindfulness Based Stress Reduction and Mindfulness Based Relapse Prevention. Dr. Teeters completed her internship and postdoctoral fellowship at Cincinnati Children’s Medical Center where her research and clinical interests focused on maternal mental health, prevention programs for at-risk parents and the impact of parental trauma on parenting and child development. Prior to joining the VA, Dr. Teeters held positions as clinical manager at Mercy Health Counseling Services and as a behavioral health consultant in primary care at Group Health.
Tobias C. Weiss, PsyD, ABPP

Xavier University, 2003
Staff Psychologist, Trauma Recovery Center

Dr. Weiss is presently a co-lead for the men’s residential PTSD program. He divides his time between the residential PTSD programs, outpatient PTSD program, and multiple research projects. Dr. Weiss provides diagnostic evaluations, individual psychotherapy, group psychotherapy, and couples psychotherapy. Dr. Weiss completed his Psy.D. at Xavier University and completed the American Board of Professional Psychology (ABPP) specialty certification in Cognitive-Behavioral Psychology in 2011. Prior to his work with the Cincinnati VAMC, he worked in outpatient community mental health managing a caseload of individual therapy clients and performing guardianship evaluations for Campbell County, KY. Dr. Weiss has extensive experience in psychological assessments having worked in various hospital, outpatient, and forensic settings. His current areas of interest include: supervision, group process work, and augmenting evidenced-based treatments in residential settings. Dr. Weiss is currently coordinating and focusing his own research on a PTSD residential therapy group that combines the principles of Aikido (a defensive martial art) with conflict resolution/anger management skills.
Nikki Winchester, Psy.D.

Xavier University, 2015
Staff Psychologist, Outpatient Substance Dependence Treatment Program

Dr. Winchester is a DBT-Linehan Board of Certification, Certified Clinician™ and provides DBT training and consultation to VA’s nationwide. Her first practicum experience involved a year of intensive DBT training with Dr. Nick Salsman, a Behavioral Tech trainer and former student of Dr. Marsha Linehan. Dr. Winchester has also received intensive training in the DBT PE protocol. Dr. Winchester has been trained in several other evidence-based treatments, including Mindfulness-Based Relapse Prevention (MBRP), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), Motivational Enhancement Therapy (MET), Cognitive Processing Therapy (CPT), and Prolonged Exposure (PE). Given the complexity of the Veteran population served in SUDEP, Dr. Winchester is flexible in her interventions and often blends techniques from multiple treatment modalities to best meet client needs. Her research interests include DBT, borderline personality disorder, emotion dysregulation, suicide, and substance use interventions. She is interested in investigating treatment outcomes in response to a DBT-informed skills training curriculum she developed specifically tailored to the SUD population.

Dr. Winchester gained experience working in a variety of settings prior to completing her doctoral internship at the Cincinnati VA, including a department clinic, private practice, community mental health clinic, and state psychiatric hospital. She also co-leads an outpatient DBT skills training group in her private practice and is a clinical-affiliate faculty member of the University of Cincinnati Department of Psychiatry and Behavioral Neurosciences.
As Chief of the Psychology Program, Dr. Zinnbauer advises Medical Center leadership on issues pertaining to professional aspects of our discipline such as credentialing and privileging, continuing education, resource management, hiring of psychologists, and training of students. In his position as the Director of the Psychology Training Program, Dr. Zinnbauer is responsible for the development and management of the doctoral internship, postdoctoral fellowship, and clinical practicum training programs. He also serves as co-chair of the National Psychology Professional Standards Board (GS-14).

Dr. Zinnbauer also provides psychological services to Veterans in the Mental Health Care Line. Dr. Zinnbauer’s clinical work draws upon cognitive therapy, interpersonal process, addictions treatment, and positive psychology. He also has a professional interest in writing, research, and clinical applications of the psychology of religion and spirituality. Dr. Zinnbauer’s approach to Intern supervision includes a developmental approach to understanding interns’ clinical skills and professional development. For outpatient psychotherapy supervision he emphasizes understanding interpersonal process, case conceptualization, and flexible strategies to meet Veterans where they are in treatment and to adapt treatment approaches to the individual needs of our Veterans.
Appendix B: Recent Didactic Topics

The page below lists the Professional Conferences that were offered between September and June during the 2018-2019 training year.

**Professional Conferences**  Presenter, **Topic**

- Diversity Committee, *Introduction to the Diversity Series*
- Raquel Maymir, *Geriatrics for the Young*
- Kalika Kelkar, *Dementia Evaluations: A Primer for Non-Neuropsychologists*
- Ryan Faulkner, *The Veterans Justice Outreach program*
- Suzan Barrett, *Introduction to Radically Open DBT*
- Nicola Caldwell, *Mediation as a Conflict Resolution Strategy in RRPTs*
- Whitney Gore, *Treating SUD and PTSD*
- Mark Silvestri, *Functional Analysis: Applications in Substance Use Treatment*
- Wes Houston, *Workplace Violence Prevention Program: DBC and Risk Assessment*
- Shari Altum, *The Whole Health Initiative*
- Chris Meshot, *Primary Care Mental Health Integration: An overview*
- Angela Volz, *Introduction to Prolonged Exposure*
- Ben Dickstein, *Treating Two Types of PTSD*
- Teri Bolte, *Leadership in Psychology*
- Shanna Murray, *Issues in Prolonged Exposure Treatment*
- Kate Chard, *Latest updates in PTSD treatment*
- Postdoc Brittany Shannon, *Professional Quality of Life: Program Measurement*
- Postdoc Hideki Scherb, *Diabetes and Mental Health Care: A Program Development Story*
- Postdoc Johanna Collier, *Whole Health*

**Workshops**

- Diversity Committee, *Religious and Spiritual Diversity*
- Diversity Committee, *Military Culture*
- Diversity Committee, *Working with the Rural Population*
- Diversity Committee, *Diverse Cultural Approaches to Death and Dying*
- Drs. Steinberg and Altum, *Motivational Interviewing and Motivation Enhancement Training*
Fellow Seminar 2018-2019

Clinical and Professional Development

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<tr>
<th>Presenter</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Lisa Liston</td>
<td>Suicide Prevention at the VA</td>
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<tr>
<td>Brian Zinnbauer</td>
<td>Introduction to supervision</td>
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<td>Staff</td>
<td>Licensure/Loan forgiveness</td>
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<tr>
<td>Erika Birkley</td>
<td>Intimate partner violence</td>
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<tr>
<td>Kate Chard</td>
<td>Leadership and management in the VA</td>
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<td>Octaviana Hemmy Asamsama</td>
<td>Negotiating Job Offers</td>
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<td>Drs. Hemmy and Boehner</td>
<td>Navigating difficult ethical situations</td>
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Supervision Seminar

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<th>Presenter</th>
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<tbody>
<tr>
<td>Drs. Zinnbauer and Giannitelli</td>
<td>Managing defensive and avoidant supervisees</td>
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<td>Managing differences in trainee skills and learning styles</td>
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<td>Use of behavioral indicators to ground feedback</td>
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<td>Supervisor Self Awareness</td>
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<td>Managing Diversity and Value Differences</td>
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<td>Supervision Best Practices and Learning styles</td>
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<td>Professional Development Conversations</td>
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<td>Psychological Safety, Creating effective learning environments.</td>
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Journal Club

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<tr>
<th>Presenter</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Johanna Collier</td>
<td>A Network Theory of Mental Disorders</td>
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<tr>
<td>Hideki Scherb</td>
<td>Sexual Health in Veterans</td>
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<tr>
<td>Hideki Scherb</td>
<td>Coping with Client Death</td>
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<tr>
<td>Brittany Shannon</td>
<td>Sexual Feelings in the Psychotherapy Relationship</td>
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<tr>
<td>Johanna Collier</td>
<td>Emerging treatments for Depression</td>
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<td>Postdoc Group</td>
<td>2019 APA Guidelines for Psychological Practice with Boys and Men</td>
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<tr>
<td>Hideki Scherb</td>
<td>Gifts in Psychotherapy</td>
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