

Updated September 10, 2016



Psychology Internship Program

VA Montana Health Care System
Fort Harrison Medical Center
3687 Veterans Drive
P.O. Box 1500
Fort Harrison, MT 59636
(406) 493-3810
<http://www.montana.va.gov/>



MATCH Number Program Code: 2300
Applications Due: 12/09/2016

Accreditation Status

The **VA Montana Health Care System Psychology Internship Program (VAMTPI)** is not yet accredited by the Commission on Accreditation (CoA) of American Psychological Association (APA). Although the internship is not currently accredited, the Office of Academic Affiliation indicates that any individual who completes a VA psychology internship is eligible for VA employment as a psychologist. A self-study for accreditation has been submitted, and we are excited to share that our accreditation site visit is scheduled for December 5th and 6th, 2016. If accreditation is successfully achieved, the program is considered accredited from the date of the site visit.

Questions related to our accreditation status can be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE
Washington, DC 20002-4242
1-800-374-2721
<http://www.apa.org/education/grad/program-accreditation.aspx>

All other questions about the internship program may be directed to Joanna McCormick, Ph.D., Training Director, at Joanna.McCormick@va.gov or 406-447-6000.

Application & Selection Procedures

APPLICATION PROCEDURES AND REQUIREMENTS

Our internship seeks students from APA or CPA accredited Ph.D. or Psy.D. clinical or counseling programs who are in good standing. Applicants must have completed at least

3 years of academic study, have completed their comprehensive or qualifying exams, have proposed their dissertation, and have completed at least 500 combined clinical hours during their doctoral program. Applicants who have a strong interest or background in rural mental health or interest in working with veteran populations will be a particularly good fit for this internship program.

VA Montana Health Care System encourages candidates from diverse backgrounds to apply. We welcome individuals who are members of underrepresented groups, sexual orientation, and disability status. The selection of Psychology Interns must be consistent with equal opportunity and non-discrimination policies of VA Montana Health Care System as well as the guidelines and policies of APPIC and APA's CoA. As an equal opportunity training program, the training program welcomes and strongly encourage applications from all qualified candidates, regardless of racial, ethnic, religious, sexual orientation, disability or other minority status. Furthermore, we are committed to non-discrimination in employment of our staff on the basis of race, color, religion, sex (including pregnancy and gender identity), national origin, political affiliation, sexual orientation, marital status, disability, genetic information, age, membership in an employee organization, retaliation, parental status, military service, or other non-merit factor.

The VA Montana Healthcare System Psychology Internship Program strongly values diversity and believes in creating an equitable, hospitable, appreciative, safe, and inclusive learning environment for its Interns. Diversity among Interns and supervisors enriches the educational experience, promotes personal growth, and strengthens communities and the workplace. Every effort is made by VA Montana Health Care System to create a climate in which all staff and interns feel respected, comfortable, and in which success is possible and obtainable. Our training program strives to make every effort to increase awareness, dispel ignorance, and increase comfort with multicultural experiences.

Application Due Dates/Times

We are members of APPIC and will be participating in the National Matching Service. Please be sure to obtain an Application Agreement Package from the National Matching Services, Inc to register for the Match. For applications to be considered complete, the following materials must be received through APPIC by 12/9/2016 11:59PM, MST:

- Online APPIC Application for Psychology Internship (AAPI)
- Curriculum Vita
- Three letters of recommendation
- Official Transcript of graduate work sent directly by your university
- Academic Program Verification of Internship Eligibility and Readiness form-submitted by the Director of Clinical Training
- Cover Letter

Additional requirements:

A CERTIFICATE OF REGISTRATION STATUS, CERTIFICATION OF US CITIZENSHIP AND DRUG SCREENING is required to become a VA Intern. Males born

after 12/31/1959 must have registered for the draft by age 26 to be eligible for any US government employment, including this internship program. Candidates for the VAMTPI must have completed at least 3 years of their APA- or CPA-accredited doctoral program and have at least 500 hours of intervention/assessment experience prior to applying. Applicants must complete comprehensive exams and a dissertation proposal prior to applying.

If there are additional questions regarding the application procedure, please contact the Associate Training Director:

Gretchen Lindner, Ph.D., Associate Training Director
Bozeman Community Based Outpatient Clinic
300 N. Willson, Suite 703G
Bozeman, MT 59718
(406) 582-5352
gretchen.lindner@va.gov

SELECTION AND INTERVIEWS

VA Montana Health Care System is offering three internship slots for the 2017-2018 Internship class. Applications for the Psychology Internship Program at VA Montana Health Care System will be reviewed for completeness and goodness of fit. Our programs seeks students who can demonstrate an interest in working with veterans, as well as individuals who are interested in working with rural and highly rural/frontier populations. Previous VA experience is a plus, although not necessary. We are seeking candidates who have strong academic backgrounds and are skilled in diagnostic assessment and interventions.

Selection Committee: A selection committee is comprised of the Training Director, the Associate Training Director, and at least two supervisory psychologists from the Training Committee. VAMTPI seeks applicants who have a sound clinical and scientific knowledge base from their academic program, strong basic skills in standard assessment, intervention, and scholarly practice, and the personal characteristics necessary to function well in this Internship setting. The selection criteria are based on a "goodness-of-fit" with the Scholar-Practitioner model, and the program seeks Intern applicants whose training goals match sufficiently the training that is offered in our geographically rural and veteran focused training site. Consistent with the Ethical Code of the American Psychological Association, VA Montana Health Care System Intern applicants are not required to self-disclose sensitive topics during application to the program or during the course of training. Selection of candidates for our Psychology Internship Program comes from different kinds of programs and theoretical orientations, different geographic areas, different ages, different ethnic backgrounds, and different life experiences.

In the Intern selection process, all applications are initially reviewed by at least one member of the Selection Committee (a subset of the Training Committee) and suitable applicants are identified to go to the next round. This process is completed by

examining the Intern's cover letter, AAPI essays, letters of recommendation, review of practicum training, experience with Veteran populations, experience and interest in rural mental health, current dissertation status, and professional interests.

Interviews: In-person or phone interviews are required of all applicants who make the final selection round. In-person interviews will take a full day and involve an informational session with the Training Director and relevant training staff, a tour of our facility, an informal informational session with current Interns, and at least two interviews with training staff. Phone interviews will involve talking with at least two training psychologists. Applicants who are not invited for in-person or telephone interviews will be notified by the notification date listed on the APPIC website and in this brochure.

Interns will be notified through email whether they received an interview by December 30th, 2016. Candidates for the VA Montana Psychology Internship (VAMTPI) are encouraged to attend interviews in person. However, occasionally and due to unique circumstances, phone interviews will be considered.

Interview Dates for 2017-2018 Training year
Wednesday, January 11th, 2017 or
Thursday, January 12th, 2017

Psychology Setting

Psychologists serve in a wide variety of administrative and clinical functions within the VA Montana Health Care System (VAMTHCS). They are located within several programs at the Fort Harrison Medical Center and the area Community Based Outpatient Clinics (CBOC). Psychologists at VA Montana Health Care System act as integral parts of an interprofessional team, working with psychiatrists, social workers, and psychiatric nurses and nurse prescribers. They provide their expertise in the areas of residential treatment, substance use disorders (SUDS), PTSD, primary care/mental health integration, and outpatient behavioral health. Psychologists also consult with primary care, neurology, community living centers, home-based programs and other specialty programs to provide truly integrated treatment to Veterans.

Training Model and Program Philosophy

The Psychology Internship Program at VA Montana Health Care System is based on the Scholar-Practitioner (Vail) model and is committed to training future psychologists in the scientific practice of psychology. Interns are trained as practitioners and consumers of research. This model of training emphasizes the practical application of scientific knowledge and the reflective process between science and practice. While the Psychology Internship Program at VA Montana Health Care System emphasizes science and empirically based treatments, we agree that "The primary goal of training a practitioner-scholar is the delivery of human services that take into account individual, cultural and societal considerations" (Rodolfa, et al., 2005). Our training program emphasizes the psychosocial model of recovery (e.g., clearly defined and collaborative goals) and empowerment of our Veterans to recover from mental health difficulties.

VA Montana Health Care System Psychology Internship Program follows the professional developmental model in which the Intern is expected to progress throughout the Internship year. This model indicates that the Intern will move from a somewhat dependent and closely supervised trainee to a relatively independent junior colleague. We strive to provide Interns with strong generalist training and they can expect to complete their Internship year being competent, independent, entry-level psychologists with practical skills in self-reflection, that will enable them to work competently in rural areas, medical centers, outpatient settings, and within the Veterans Affairs Healthcare System.

The staff at VA Montana Health Care System endeavors to promote a supportive and collegial atmosphere for Interns. With an emphasis on Interns developing their own professional identity, our program creates individualized training plans, which are developed after assessing Interns' baseline level of competency within the first two weeks of internship and then encouraging Interns to actively participate in developing their own goals. The Interns' skill level, past experience, and goals are taken into account in formulating a training plan for the year. The plan consists of selecting and sequencing rotations and other core training experiences so that skill acquisition is optimized. Individualized training plans can be modified throughout the year depending on Interns' needs and changing or emerging interests. Our Psychology Training Staff at VA Montana Health Care System provides each Intern with access to a Preceptor as a means to help explore training goals, explore interests, and provide guidance towards professional goals.

As a training program, the Psychology Internship Program focuses mainly on experiential learning through the provision of patient care. Early in the training year, Interns can expect to have between 12 and 15 direct patient care hours per week and toward the end of the year, close to 20 face-to-face hours per week. When indicated, we emphasize the use of empirically supported therapies including Cognitive Processing Therapy, Prolonged Exposure, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy and Interpersonal Therapy for Depression, to name a few. In conjunction with the importance placed on empirically based treatments, Interns learn to integrate science into practice through regular didactics (approximately 15 hours a month), journal club, interprofessional consultation, and supervision.

Program Goals & Objectives

Upon completing the program, Interns will be competent as entry-level psychologists in providing effective, quality care to Veterans, to individuals from rural settings and to individuals seeking care through medical centers and outpatient clinics. As professional psychologists, they will function ethically with a sensitivity to cultural issues. They will be competent clinicians and consultants and will be skilled in scholarly practice and self-reflection. Interns will learn how to function as a part of an interprofessional team and be receptive to feedback from supervisors and other professionals.

Below is a list of core competencies that each Intern can expect to achieve by the end

of the internship year. These competencies will be achieved through a combination of applied practice on rotations, supervision/consultation, and didactic trainings.

Core Competencies

Evidenced-Based Practice in Intervention - Interns will develop the ability to function capably as entry-level psychotherapists, with particular emphasis on treating Veterans who live in rural and highly rural areas. They will learn to establish and maintain therapeutic relationships, be able to discuss issues related to confidentiality and informed consent, and respond appropriately to crises. They will learn how to collaborate with clients to set appropriate goals for treatment. Interns will demonstrate a solid foundation in selecting and applying empirically supported therapies and best practices. They will develop competency in providing psychotherapy across a variety of modalities, including group, individual, and crisis intervention/risk assessment. They will understand the benefits and challenges associated with providing telehealth care and learn about how to effectively use this technology. Interns will be able document intervention outcomes and client progress towards meeting therapeutic goals.

Evidenced-Based Practice in Assessment - Interns will become skillful in assessing clients who present with multiple complications, and at conducting thorough risk assessments. They will demonstrate sound working knowledge of interviewing skills and of diagnostic assessment using the DSM-5. Interns will become proficient at selecting appropriate assessment tools, integrating multiple sources of data (e.g., psychosocial history, psychological measures), and writing concise and clear reports tailored to the referral questions. They will be skilled in comprehensive case conceptualization and outlining appropriate recommendations and treatment plans based on their assessments. Interns will be able to present assessment findings to the referral source, the patient, his or her family, and other professionals. Interns will demonstrate competence in evaluating the effectiveness of the treatment provided.

Ethical Legal Standards and Policy - Interns will have an advanced awareness of and adherence to state laws, and state and APA ethical guidelines. They will understand and abide by the legal standards related to the practice of clinical psychology.

Individual and Cultural Diversity - Interns will demonstrate an ability to think critically about sensitive diversity patient issues, including those related to culture, sex, gender, age, disability-status, and ethnicity. Interns will be able to apply cultural sensitivity with Veterans from rural and highly rural cultures, as well as Veterans across diverse cultures. They will understand and be able to reflect on their own cultural background and how it impacts their professional relationships.

Scientific Research and Scholarly Practice - Interns will demonstrate a strong foundation in theory and research and how it contributes to our understanding of human behavior. Interns will be able to apply the current scientific literature in their interventions and assessments. They will gain sensitivity around how the cognitive-affective bases of behavior and development across the lifespan influences their clients' experiences and clinical presentation. Interns will demonstrate independence and

critical thinking, and be capable of integrating scientific knowledge and clinical practice.

Professionalism - Interns' professional identity will evolve and mature over the course of the Internship year. Interns will progressively demonstrate integrity, responsibility, and sound judgment. They will conduct themselves in a professional manner and monitor and act as a safeguard to the welfare of others. They will actively participate in didactic trainings and supervision, and will seek consultation as appropriate. Interns will be able to recognize their own strengths and limitations. Interns will demonstrate self-care through effective time management and the creation of life balance. They will cultivate an awareness of how their personal characteristics, competencies and limitations impact others. Interns will understand the impact of their presence on the client and be capable of maintaining professional boundaries. They will seek supervision and demonstrate a commitment to ongoing education and professional growth.

Communication and Interpersonal Skills – Interns will learn how to relate effectively and meaningfully with other individuals, groups, and communities. This includes being able to develop and maintain relationships with a broad range of clients, as well as colleagues and members of the community. Interns will also demonstrate an ability to appropriately manage their affect. They will also adopt an open and receptive stance toward feedback from others.

Consultation/Interprofessional/Interdisciplinary - Interns will learn to provide useful and effective consultation services to other professionals. They will develop the ability to interact collaboratively within interdisciplinary systems. This includes becoming comfortable with their roles as representatives of behavioral health and having an ability to translate psychological principles across disciplines. Interns will be able to express themselves articulately, succinctly, and demonstrate an advanced awareness of professional concepts.

Supervision – Interns will develop a knowledge and understanding of competency based practices to oversee supervisee development and to monitor competency-based growth. They will have increased knowledge around the development of supervisory alliance, providing feedback on core components of technical competency, and increasing diversity and legal/ethical competency.

Training Experiences

This is a generalist internship site, aimed at training well-rounded and skilled clinicians, who have particular expertise in working effectively in rural settings. The internship offers the choice between three experiences that can serve as either major or minor rotations (Rural Outpatient Mental Health, Co-Occurring and SUDS, and Residential Trauma Recovery) and four experiences that can serve as minor rotations (Primary Care/Mental Health Integration, CBOC PTSD Outpatient, Program Development, and Specialty Outpatient Care). Interns may also have the opportunity to complete psychological testing on different rotations and across these numerous settings. Each intern will participate in both a major and minor rotation each 6 months of the year. An intern can expect to be on site at their major rotation for approximately

26 hours per week and at their minor rotation approximately 10 hours per week. The remaining 4 hours per week will be devoted to other training opportunities (e.g., didactics, group supervision). At the start of the year, Interns will work together with the Training Director and Associate Training Director to rank their choices among rotation offerings.

Major/Minor Rotation Descriptions

Rural Outpatient Mental Health (Fort Harrison, MT)

The Outpatient Mental Health rotation provides training through behavioral health services located within the Fort Harrison Medical Center. Interns provide outpatient psychotherapy to a wide variety of Veterans, including a potential to work with Veterans from WWII, Korea, Vietnam, Desert Storm, and OIF/OEF. This population is clinically diverse, providing the chance to work with Veterans who have a broad range of psychiatric diagnoses. Interns have ample opportunities to conduct mental health intake assessments, suicide and risk assessment screens, cognitive and symptom screens, and provide individual and group psychotherapy. Within this clinic clients may have complex trauma histories including family violence, sexual abuse, exposure to traumatic events, and/or combat trauma. In the Outpatient Mental Health Track, Interns collaborate with psychiatric providers, caseworkers, and mental health nurses. Currently, training and supervision are available in Cognitive Behavioral Therapy, Cognitive Processing Therapy, Skills Training for Affect and Interpersonal Regulation (STAIR) Therapy, Cognitive-Behavioral Conjoint Therapy for PTSD, CBT for Insomnia, CBT for Chronic Pain and Interpersonal Therapy for Depression.

Co-Occurring and SUDS Treatment (Fort Harrison, MT)

The Co-occurring and SUDS Treatment rotation consists of three programs offering treatment for Veterans with co-occurring disorders and identified alcohol, drug and/or process addiction problems: General Outpatient Program (GOP), Intensive Outpatient Program (IOP), and Residential Rehabilitation and Treatment Program. Responsibilities for the Interns include collaborating with an interprofessional team, providing assessment and treatment planning, and the provision of a variety of evidence-based individual and group psychotherapies. More specifically, Interns provide individual therapy, relapse prevention-based psychoeducational groups, administer psychological assessment and neuropsychological screenings in response to consultation requests, and co-facilitate therapy groups. Interns may have the opportunity participate in weekly interprofessional treatment teams and staff meetings in which Veterans are screened for admission, crisis interventions are discussed, and treatment plans are modified and updated. Interns may also have the chance to assist in answering consults by other professionals in the medical center and act as a Psychiatric Liaison regarding substance use issues.

Residential Rehabilitation Treatment Program - Trauma Recovery Unit (RRTP; Fort Harrison, MT)

The residential PTSD treatment rotation offers three, recovery oriented clinical experiences as part of the PTSD residential/inpatient activities: (1) Psychological and PTSD assessments, (2) group therapy development and facilitation, and (3) individual

therapy, which may include couples' interventions and exposure facilitation (imaginal and/or *in vivo*). Psychology Interns on the RRTP are involved in psychological assessment (including CAPS interviewing and PTSD testing), case conferences, working on an interprofessional treatment team, developing and implementing individual recovery and discharge plans, and developing competency in delivering individual and group (process and didactic) interventions. Interns may receive training and supervised practice in Prolonged Exposure (when indicated), Cognitive Processing Therapy (group), and Motivational Interviewing interventions. Interns are also exposed to complementary, alternative PTSD interventions including Art Therapy, Yoga, Equine Therapy, and under the direction of our VA Montana Chaplain, Native American Warrior ceremonies (e.g., smudging, talking circles, Sweat Lodge Ceremonies).

Minor Rotation Descriptions

Primary Care/Mental Health Integration (Fort Harrison, MT or Missoula CBOC)

The Primary Care/Mental Health Integration rotation is designed to train Interns to work collaboratively with primary care teams to provide same-day behavioral health services and consultation for their patients. Interns will work with Veterans to address psychological issues and accompanying health behaviors that can undermine their overall health. Interns will provide assessment, treatment disposition, and brief psychotherapy for a wide range of presenting problems, including difficulty with management of chronic health conditions, depression, anxiety, insomnia, diabetes, cognitive difficulties, and alcohol misuse. Opportunities may also exist to co-facilitate psychoeducation groups, conduct crisis evaluations, and perform specialty medical evaluations (e.g., bariatric surgery evals). This rotation is available at the Fort Harrison hospital and/or at the Missoula CBOC, depending on supervisor availability.

CBOC PTSD Outpatient (Bozeman, MT)

During this rotation Interns provide outpatient PTSD assessment and psychotherapy to Veterans with diverse trauma histories, including childhood trauma, combat trauma, adult non-combat trauma, and military sexual trauma. Interns will need to travel to the Bozeman CBOC to provide services (1.5 hours away from Ft. Harrison). Interns will have the chance to work with Veterans from diverse combat eras, as well as with diverse comorbid clinical presentations. Interns will provide treatment at all stages of care, include triage, intake assessment, treatment planning, treatment provision, and termination. This rotation will focus predominantly on individual psychotherapy, but opportunities for group or couples therapy treatment for PTSD are also available, depending on interests and training goals. They are supervised in the provision of evidenced-based PTSD treatments including Cognitive Processing Therapy and Prolonged Exposure Therapy.

Program Development (Fort Harrison, MT)

On this rotation Interns may elect to obtain administrative experience with a staff member to develop and implement programmatic changes to Behavioral Health or the training program. As part of this experience, Interns may participate in the weekly psychology Internship meeting with faculty, providing feedback and addressing potential challenges within the program. They may elect to assist the faculty with the self-study

process for APA accreditation and collecting distal data, when appropriate. During this rotation, Interns may work with a faculty mentor to develop programs (e.g., group, integrated care teams, etc.) to improve the offerings of the behavioral health department. This experience will involve some didactic, shadowing and completion of an administrative project. Any psychology staff member may serve as the supervisor for this rotation, and this person would be selected collaboratively with the Intern at the beginning of the rotation based on training needs/goals.

Specialty Outpatient Care (Fort Harrison, MT)

This rotation occurs through the Outpatient Mental Health clinic, and would entail the Intern selecting an area of particular interest in which he or she would like to gain additional experience or specialization. At the start of the rotation, the Intern and supervisor would select together where they would like to focus. Specialty areas might include focusing on learning a particular type of therapy (e.g., CPT, PE, CBT-I, IPT-D, ACT), focusing on a particular population (e.g., geriatrics, military sexual trauma, chronic pain, sleep difficulties), or focusing on a particular treatment modality (e.g., telehealth, groups, couples therapy). Any psychology staff member may serve as the supervisor for this rotation, and this person would be selected collaboratively with the Intern at the beginning of the rotation based on training needs/goals.

Supervision

Interns will receive at least four hours of individual and group supervision a week, following graduated levels of responsibility (VHA Handbook 1400.04). Supervision will be provided within each rotation by individual supervisors for two hours of individual supervision per week, and group supervision with all interns will occur for another two hours per week.

In order to provide Interns with a variety of supervision experiences, each Intern will change supervisors at the completion of each rotation. To facilitate sustained relationships, continuity, and an opportunity to demonstrate progression on identified goals, the Training Director will facilitate part of group supervision for the duration of the training year. This experience will allow trainees and the Training Director to maintain continuity that will support the trainees' changing needs throughout the year.

Didactics

Each week Interns will typically participate in a 2-hour didactic seminar addressing issues related to the practice of psychology. Once a month, this will be replaced with a day-long training specifically designed to expose Interns to empirically based treatments (e.g., CPT, PE, MET, IPT, ACT-D) and to provide a more in-depth training in and exploration of professional issues. All the didactic seminars will be taught by professionals across disciplines including psychologists, social workers, psychiatric nurses and psychiatrists. The curriculum of these didactic seminars will serve to support and enhance the core competencies delineated above.

Stipend and Benefits

Stipend: For the 2017-2018 internship year, interns receive a stipend of \$24,014, paid in 26 biweekly installments.

Benefits: Interns will receive full health insurance benefits. Interns are entitled to holiday pay (10 federal holidays a year) and they will accumulate 4 hours per pay period of annual and sick leave, amounting to 13 days of sick and vacation leave. Interns are also allotted up to 5 days per year for administrative absence, available for use for professional development needs such as conference participation, post-doc interviews, dissertation defense, etc.

The VA website has additional information regarding stipend and benefits:
<http://www.psychologytraining.va.gov/benefits.asp>

Facility and Training Resources

Interns will be provided with office space, computer and phone access at their primary rotation site. Interns have the same access to resources as clinical staff including scheduling assistance, computer help desk, and clerical staff. VA Montana Health Care System uses the Computerized Patient Record System (CPRS) which is available in all offices used by Interns. Interns also can be assigned VA encrypted laptops that allow for office flexibility. Secure teleconferencing equipment and teleconferencing support staff are available to Interns and can be used for tele-mental health services, didactics, and consultation. Interns and staff will have online access to journals and library support. Interns in the rural mental health rotation will also have access to telehealth technology to provide psychological care to veterans across the state as needed. Interns will have access to shared space, such as the kitchen, group room, and conference room, and copier/supply room within the Behavioral Health department. Video-teleconferencing will be available to support didactic training and clinical case conferences. Also available are the free on-site gym and walking trails to encourage healthy work/life balance for our Interns and staff.

Fort Harrison Medical Center

The majority of the Intern's experience will take place at the Fort Harrison VA Medical Center near Helena, Montana. The VA Montana Healthcare System is a Joint Commission accredited, complexity level 2 facility. Fort Harrison Medical Center offers care to all of the Veterans in the state of Montana. Services provided at Fort Harrison include medical and surgical outpatient specialties, physical rehabilitation, radiology, 24/7 pathology and laboratory services, pharmacy, mental health, and residential rehabilitation programs for substance abuse and PTSD. The Fort Harrison Medical Center is the only VA hospital in Montana and serves adjacent regions in VISN19 (including areas in Idaho, Wyoming, Utah, and Colorado). Additionally, the facility and provides care to Veterans living in Canada and the Dakotas. VA Montana Health Care System offers a rich opportunity for Interns to work with highly rural and underserved Veterans. Montana is considered a highly rural, underserved state with 15% of its population living below the poverty level and it has one of the largest per capita Veteran populations in the country.

Bozeman CBOC

The Bozeman CBOC Behavioral Health team is co-located with the Bozeman VA medical clinic. The small Behavioral Health Treatment Team consists of a psychologist, social worker and a substance abuse counselor. Bozeman is home to Montana State University, which is consistently ranked as one of the most Veteran-friendly universities in the country. The VA provides a government vehicle for travel to this site and time is allotted for travel to support this training opportunity. Interns work with the psychologist who has extensive experience in providing PTSD treatment to a number of populations and is a VA certified in the practice of Cognitive Processing Therapy, Prolonged Exposure, and CBT for Insomnia.

Missoula CBOC

Interns may elect a minor rotation at the CBOC in Missoula, Montana. VA provides a government vehicle for travel and time is allotted for travel to support this training opportunity. Missoula clinic is a moderately sized community outpatient clinic. Missoula is home to the University of Montana and the only APA accredited Ph.D. Clinical Psychology Program in the State of Montana. Because of the university, the Missoula CBOC serves many Veterans from the OEF/OIF era. In addition to a behavioral health team consisting of a psychologist, psychiatrist, advanced practice nurse, a primary care/mental health integrative position and three social workers, the Missoula CBOC houses several Patient Aligned Care Teams within primary care, a physical therapy department, respiratory therapy clinic, and an eye clinic. At the Missoula clinic, interns can expect to participate as a member of a fully integrated interprofessional team.

VA Montana Psychology Staff (listed in alphabetical order)

Lori Armstrong, Ph.D., University of Montana, 2001. Staff Psychologist in Primary Care-Mental Health Integration at the Billings Community Based Outpatient Clinic (CBOC). Professional interests include: insomnia, chronic pain, general health psychology, motivational interviewing, and integrated primary care. Personal interests include: spending time with human and canine family members, genealogical research, history, literature, historic preservation, and architecture.

Dudley Blake, Ph.D., State University of New York at Albany, 1987. Clinical Psychologist and Program Manager of VA Montana's Mental Health Residential Rehabilitation and Treatment Program (MH RRTP, PTSD and SA Tracks). Professional interests include: PTSD treatment and assessment, evidence-based therapies (e.g., MI, PE, CPT), and staff and intern development. Personal interests include hiking, mountain biking, kayaking, fishing, hunting, skiing/snow-boarding, and MONTANA!

Angela Jez Psy.D., Illinois School of Professional Psychology, 2007. Internship Preceptor and Staff Psychologist at Kalispell Community Based Outpatient Clinic. Professional interests include: PTSD, MST, depression, ADHD, lifespan issues, psychological assessment, couples therapy, and evidenced based therapies (IPT, CPT, CBT and DBT). Personal interests include a variety of outdoor adventures with her

family and pets.

Joanna Legerski McCormick, Ph.D., University of Montana, 2010. Internship Training Director and Staff Psychologist in Behavioral Health at Fort Harrison Medical Center. Faculty Affiliate with University of Montana, Department of Clinical Psychology. Professional interests include: individual and family trauma, PTSD, and pre/post-deployment family adjustment, evidence-based therapies (e.g., STAIR, CPT, CBCT for PTSD, IPT, and CBT), and rural mental health. Personal interests include: parenting two boys, horseback riding, and canoeing.

Gretchen Lindner, Ph.D., Georgia State University, 2006. Internship Associate Training Director and Staff Psychologist at the Bozeman Community Based Outpatient Clinic (CBOC). Professional interests include: PTSD, evidence-based therapies (e.g., PE, CPT, EMDR, EFT, and CBT), couples therapy, and student/staff training. Personal interests include: family, friends, cooking, movies, and running/hiking.

Christine Rogers, Ph.D., Washington State University, 1985. Lead Psychologist and Staff Psychologist in Behavioral Health at Fort Harrison Medical Center. Professional interests include: Health Psychology, trauma, rural practice, family and workplace systems intervention. Personal interests include outdoor recreation, spending time with family and friends, landscaping and home improvement projects.

Curtis Tillotson, Psy.D., Azusa Pacific University, 2008. Staff psychologist on Mental Health Residential Rehabilitation and Treatment Program at Fort Harrison Medical Center. Professional interests include: Co-occurring PTSD/SUD, Moral Injury, evidence-based therapies (e.g., CPT, MET), adventure-based experiential education, and training. Personal interests include: family, friends, cooking, movies, cycling, fishing, landscaping, and stained glass work.

Patrick Van Wyk, Ph.D., Idaho State University, 2012. Primary Care Mental Health Integration Psychologist at Fort Harrison VA Medical Center. Professional interests include: behavioral health integration in primary care, Contextual Behavioral Science and ACT, organizational and community collaboration, and training. Personal interests include: mountain biking, hiking, downhill skiing, and cooking. and ACT, organizational and community collaboration, and training. Personal interests include: mountain biking, hiking, downhill skiing, and cooking.

Graduate Programs of Previous and Current Interns

Alliant IU/CSPP-San Francisco

American School of Professional Psychology-Argosy, Washington DC

American School of Professional Psychology-Argosy, Southern California

Chicago School of Professional Psychology

George Fox University

Midwestern University-Glendale

University of Louisville

University of North Dakota

Post Internship Placements of Previous and Current Interns

Edith Nourse Rogers Memorial Veterans Hospital
Montana State Psychiatric Hospital
Phoenix VA Health Care System
Samuel S. Stratton VA Medical Center
VA Maine Healthcare System
VA Western New York Healthcare System

Living in Helena Montana

Helena is the state capitol of Montana's total population of 1,005,141, and within the city limits reside approximately 30,000 (2010 estimates). The greater Helena area population is 63,395. Helena is located in the Rocky Mountains and adjacent to the clear waters of the Missouri River. Historians state that people of the Folsom culture lived in this region over 10,000 years ago. Many other native people, including the Salish and Blackfeet came to this area on a seasonal basis. By the early 1800s trappers of European descent came through this region as they worked the Missouri River. Helena as a community was born in 1864 when prospectors known as the Four Georgians struck gold at a place they called "Last Chance Gulch," now Helena's main street. From this gold strike, Helena experienced a mining boon and eventually became a transportation hub that developed roads and railroad connections for the extraction and agricultural industries of the region. While today the mining industry may not be the windfall it once was, it is believed that half the world's sapphires are found in Montana and prospecting continues to be a popular activity.

Interns and staff suggest the weekly Farmer's Market and Craft Fair in downtown Helena and the pedestrian mall as favorite activities for good food and people watching. Just off the Helena downtown area you might also like to take a hike right in town on Mount Helena, a 620 acre park that looks down on the city from its 5,468 foot peak. From the Mount Helena trailhead, a number of well-marked trails provide options for hiking to the peak, circling the mountain, or walking out into Helena National Forest. Within 13 miles of Helena there are five local access points to the Continental Divide Scenic Trail. This area is also well known to the mountain biking enthusiast community.

If you enjoy the outdoors, the forests surrounding Helena are home to an abundance of deer and elk as well as many other wildlife species. Excellent fishing can be found in Helena area lakes and streams. Four of our favorite lakes include: Hauser, Helena, Holter, and Canyon Ferry. If you are keen for local skiing the Great Divide Ski Area is 20 miles from downtown, near the tiny town of Marysville. Many snowmobile and cross-country trails are also located just outside of town.

Throughout the year local community activities will keep you busy with theater and symphony performances, museum tours, jazz festivals, concerts, rodeos, and running races such as the renowned "Governor's Cup." You might also like to observe, or if you are daring, participate in winter sports such as dog sledding and skijoring. If you like home grown food, local beer, the rural Montana landscape, *and* music; the Red

Ants Pants Music Festival held every July in nearby White Sulphur Springs is not to be missed.

Helena has a very stable and viable economy with an unemployment rate traditionally below average in Montana and one of the lowest in the United States. The largest employers in the city are government related. State statistics report 45% of Helena residents as having at least a four-year college degree. In addition to Fort Harrison VA Medical Center, the Helena based Shodair Children's Hospital and St. Peter's Hospital provide quality healthcare services for the community and the state.

Additional Information on Montana

- Montana VA HCS History: <http://www.montana.va.gov/about/history.asp>
- Helena Chamber of Commerce: <http://helenachamber.com/>
- Glacier National Park: <http://www.nps.gov/state/mt/index.htm>
- Yellowstone National Park: <http://www.nps.gov/yell/index.htm>
- Montana State Parks: <http://stateparks.mt.gov/>
- Helena National Forest Campgrounds:
<http://www.fs.usda.gov/activity/helena/recreation/camping-cabins/?recid=62827&actid=29>