NAVAL MEDICAL CENTER (NMC), SAN DIEGO INTERNSHIP
GENERAL DESCRIPTION

The NMC, San Diego internship year is comprised of a brief orientation period followed by: five clinical rotations (each about 10 weeks long), the overarching transrotational experience which is 12 months long, and out-of-hospital training trips (see above).

The rotations include placements in three different adult outpatient clinics (two operational clinics, one Navy and one Marine Corps, and a traditional hospital-based clinic); Inpatient, and Health Psychology. Training is provided in mental health assessment and treatment of active duty military members, their families, retired military members, and their families. Major skills covered are interview and testing assessment, individual and group psychotherapy emphasizing empirically-validated and/or evidence-based approaches, and consultation with other medical services and active duty military commands. Primary individual and group supervision is provided by the faculty's civilian and military licensed psychologists. Adjunct faculty members include psychiatrists and social workers, in keeping with the internship's emphasis on multidisciplinary mental health programming.

Out-of-hospital training includes, whenever possible, approximately one week providing psychological services aboard a major Navy combat vessel (and supporting ships) at sea, giving the interns a firsthand overview of life and clinical issues in the Navy Fleet.

Additionally, interns spend two to three days at Marine Corps Base Camp Pendleton and Naval Hospital Camp Pendleton. This trip provides interns with familiarity with Marine Corps culture, discussion of several differences in clinical disposition of Marine Corps vs Navy patients, and the opportunity to observe Marine Corps training at the School of Infantry.

Didactic training during the internship includes timely lectures and seminars, planned so as not to repeat didactic work interns have already experienced in their graduate studies. Therefore, didactics are somewhat
dependent on the particular backgrounds of a given internship class. Didactics include topics specific to the general practice of clinical psychology, topics specific to the practice of clinical psychology in the military, and ongoing education related to professional development as a military psychologist and naval officer.

The Naval Medical Center, a large tertiary care hospital, offers a full range of administrative assistance. Interns have individual offices with desktop computers specific to each of the 5 rotations. The Medical Center’s medical library includes a range of journals, books, and electronic search capabilities related to the practice of psychology, as well as staff assistance with on-line literature searches. Research and statistical consultation is available within the Mental Health Service.

The training manual for the Naval Medical Center San Diego internship can be found at:

http://www.wrnmmc.capmed.mil/ResearchEducation/GME/SitePages/Psychology/Internship.aspx

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