

# **PRE-DOCTORAL INTERNSHIPS**

## **NAVY PRE-DOCTORAL INTERNSHIPS IN CLINICAL PSYCHOLOGY**

**WALTER REED NATIONAL MILITARY MEDICAL CENTER,  
BETHESDA, MD**

**AND**

**NAVAL MEDICAL CENTER, SAN DIEGO, CA**



### **BACKGROUND**

The Navy's APA-accredited pre-doctoral internships in clinical psychology are organized around a Practitioner-Scholar model and provide an intensive, twelve-month, full-time period of clinical, didactic, and leadership experiences. (Internship applicants who match with a Navy internship are commissioned as Lieutenants in the Medical Service Corps and serve a total of 4 years on active duty – 1 year as a clinical psychology intern and 3 years as a staff psychologist). The internship is a full-time training experience and will not be interrupted by other Navy-related activities such as deployments or temporary additional duties).

### **GOALS**

The overarching goal of the internships is to produce highly-qualified, resourceful, and autonomous professional psychologists who are prepared to function effectively in traditional settings (e.g., hospitals and mental health clinics) and in military-unique settings (e.g., on aircraft carriers, with Marine Corps units, etc.). Interns are trained to employ critical thinking and an empirical orientation in their clinical work. This is accomplished by modeling, encouragement, and constructive feedback as interns encounter a range of clinical problems, patient populations, and settings.

### **ACCREDITATION**

Both Navy internships are accredited by the American Psychological Association. For further information about the accreditation status of these internship programs, contact:

Commission on Accreditation  
Office of Program Consultation and Accreditation  
American Psychological Association  
750 First Street NE  
Washington, D.C. 20002-4242  
(202) 336-5979

**NAVY PSYCHOLOGY WEBSITE:** Additional valuable information about the Navy internships is contained in the individual training manuals that can be found at:

**Navy Psychology Training Programs**

<http://www.wrnmccapmed.mil/ResearchEducation/GME/SitePages/Psychology/Home.aspx>

**ARE THE NAVY INTERNSHIPS A CONSORTIUM?**

The two Navy internships are not a consortium. They are separately-accredited by the APA and are listed separately on the APPIC website. Applicants may apply to one or both of the internships.

**WHAT DOES THE NAVY EXPECT OF YOU?**

- High ethical standards in clinical practice.
- Courage, honor, and commitment in keeping with the core values of the United States Navy.
- Attendance at Officer Development School (ODS), a 5-week Navy orientation program in Newport, Rhode Island, prior to starting the pre-doctoral internship.
- Steady progress toward licensure within 18 months after completing the internship.
- Three years of active duty service as a Navy psychologist after completing the internship.

**PROGRAM DESCRIPTIONS**

The two internships are similar in most respects; however, they are not a consortium and the on-site training directors are free to create a curriculum that takes optimal advantage of the patient populations, faculty strengths and clinical services available at their individual sites.

## **SIMILARITIES**

Both programs are organized around a core of sequential clinical rotations that are augmented by:

- Didactics
- Transrotational psychotherapy experiences (including treatment of patients with PTSD)
- Out-of-hospital training at the Center for Deployment Psychology, aboard an aircraft carrier, and at a Marine Corps training base. (Each of these training experiences is approximately one week long).

### ➤ **NAVAL MEDICAL CENTER (NMC), SAN DIEGO INTERNSHIP**

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 attend training at the Center for Deployment Psychology (CDP), associated with the Uniformed Services University in Bethesda, MD. This course provides extensive training in all aspects of the military deployment cycle, including situational and clinical issues impacting both deploying military members and their families. Additionally, while at CDP, interns receive training in empirically supported treatment (either Prolonged Exposure or Cognitive Processing Therapy) of Post Traumatic Stress Disorder, as well as cognitive behavior therapy for sleep disorders.

Didactic training during the internship includes timely lectures and seminars, planned so as not to repeat didactic work the 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, as a large tertiary care hospital, offers a full range of administrative assistance opportunities. 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.

Training Director: Dr. David Mather, Ph.D., ABPP, Training Director, Navy Clinical Psychology Internship, Naval Medical Center, San Diego

Email: [david.mather@med.navy.mil](mailto:david.mather@med.navy.mil)

➤ **WALTER REED NATIONAL MILITARY MEDICAL CENTER (WRNMMC), BETHESDA**

All interns are trained to evaluate and treat a wide range of psychological disorders using a variety of assessment and treatment methods. Training in therapy encompasses a diverse cross-section of theoretical orientations with an emphasis on empirically-validated and/or evidence-based approaches. Assessment training includes the refinement of clinical interviewing skills as well as the application of standardized personality and neurocognitive measures. Interns also develop skills in providing consultation to other healthcare professionals, Marine Corps and Navy Commands, and a variety of DoD administrative agencies. Throughout this learning process, interns are strongly supported by a dedicated training faculty in developing their own identity as professional psychologists.

Clinical rotations and transrotational training experiences include:

Adult Outpatient Clinic Rotation (16 Weeks): The Outpatient Rotation offers interns the opportunity to develop the necessary skills and competencies they will require to provide appropriate care in hospital and operational environments. These opportunities include experience with a variety of general mental health evaluations, military-specific evaluations, and significant experience in providing psychotherapy. Military evaluations include: Command Directed Mental Health Evaluations, Deployability Screenings, plus evaluations for: Drill Sergeant, Fitness for Duty, Sniper, Recruiter, Security, and Temporary Disability and Retirement. Additionally, the intern will co-facilitate a therapy group and participate in at least one couple's therapy case during the rotation. Didactic experiences include reading and discussion related to military-specific issues as well as core clinical competencies.

Psychological Assessment Rotation (16 Weeks): Training is provided on the interpretation of major standardized personality tests, integration of test data with information obtained from other sources (clinical interview, medical record review, etc.), report writing, and communication of assessment results to patients and healthcare providers. Referrals are received from the Psychiatry Inpatient, Psychiatry Continuity Service, and Outpatient Behavioral Health Clinic at WRNMMC and from other Military Treatment Facilities within the National Capital Area.

Health Psychology/Behavioral Sleep Medicine Rotation (8 Weeks): During this rotation interns work in the Primary Care clinic practicing a collaborative population health approach to behavioral health. Interns serve as consultants to primary care providers who rapidly evaluate patients' symptoms and functioning. Interns address patients' needs with regard to physical and behavioral health conditions. They also increase motivation for behavioral change, provide brief, targeted interventions and dispositional recommendations. Integrated throughout the rotation is an opportunity to learn about Behavioral Sleep Medicine (BSM). Interns will be trained in Cognitive Behavioral Therapy for Insomnia and other topics in BSM. Interns will have the opportunity to consult with providers in the Sleep Disorders Center on the treatment of patients.

Basic Elements of Cognitive Evaluation (8 Weeks): Interns will have the opportunity to evaluate a variety of outpatients with neurological complaints or diagnoses as they participate in three sub-rotations. The first sub-rotation will expose interns to inpatient evaluations of patients with acute injuries; the second sub-rotation will involve evaluation of outpatients who have suffered traumatic brain injuries (TBI); and the third sub-rotation will involve evaluation of non-TBI related neurological complaints. By the end of the rotation interns will be able to accurately diagnose traumatic brain injuries, perform basic cognitive screening evaluations, decide when a referral to a neurologist or neuropsychologist is indicated, and understand how to critically read neuropsychological reports.

Trans-rotational Requirements: In addition to the basic requirements expected of the intern to meet the goals of the major rotations, the following trans-rotational objectives are required.

Long-Term Individual Therapy Case: Each intern is expected to carry one long-term, psychodynamic outpatient case during the year (long-term means at least 9 months). The Director of Training will coordinate the assignment of long-term cases and ensure weekly supervision is provided.

Posttraumatic Stress Cases: Each intern is expected to carry cases of patients suffering from PTSD. Whenever possible, a case will be treated to completion before the next is begun. Interns are given the opportunity to learn a variety of evidence-based therapies for PTSD with a principle focus on Prolonged Exposure and Cognitive Processing Therapy. All of the cases may be supervised by the same supervisor or different supervisors, depending on the model used and the expertise of the supervisor.

Dr. Richard Bergthold, Psy.D. Training Director, Navy Clinical Psychology Internship, WRNMMC  
Email: Richard.D.Bergthold.mil@health.mil

## **ADDITIONAL INFORMATION**

Additional detailed information about the internships can be found in the Training Manuals, downloadable at:

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

**POSITION INFORMATION**

**Start Date:** (NMC, San Diego): Approximately 31 August 2015 (Specific date to be determined)

(WR, Bethesda): Approximately 21 September 2015 (Specific date to be determined)

**Number of Slots Expected Next Class:** 5 in each internship

**Full Time:** All slots are full-time

	<b>Low Stipend:</b>	<b>High Stipend:</b>
<b>Stipend:</b> (NMC, San Diego):	\$75,168.00	\$78,120.00
(WRNMMC, Bethesda):	\$ 78,984.00	\$ 82,512.00*

\*Stipend difference due to DoD cost-of-living adjustment. “Low stipend” reflects pay and allowances for an intern without dependents (i.e., spouse and/or children). “High stipend” reflects pay and allowances for an intern with dependents

**Additional Benefits:**

All benefits/allowances due a Navy officer including: full health and dental coverage for self and dependents; thrift savings plan; access to Commissary, Navy Exchange department stores; all moving expenses paid; housing allowance (included in total salary above) is non-taxable; use of world-class gymnasiums and other recreational facilities.

For additional information about Navy benefits visit the websites below:  
[www.npc.navy.mil/careerinfo/payandbenefits](http://www.npc.navy.mil/careerinfo/payandbenefits)

**QUALIFICATIONS**

US Citizenship Required: Yes (dual citizens must agree to relinquish non-US citizenship if matched with a Navy internship)

Comprehensive Exams Passed:	Prior to starting the internship
Dissertation Proposal Approved:	Prior to starting the internship
Dissertation Defended:	No
Applicants Welcome from What Program Types:	Clinical or Counseling Psychology
APA-Accreditation of Doctoral Program	Required
Ph.D.	Acceptable
Psy.D.	Acceptable
Age Limit	No more than 41 years of age at the time
of commissioning (typically in June or July of the year in which the internship starts).	

## **SERVICE OBLIGATION**

Interns incur a 3-year active duty obligation which begins upon completion of the pre-doctoral internship. During this 3-year period, the internship graduate works full-time as an active duty Navy psychologist.

## **ASSIGNMENTS AFTER INTERNSHIP**

Assignments after the internship are at Navy hospitals predominantly within the continental United States and Hawaii. Graduating interns may also be assigned to Navy hospitals in Japan or other overseas locations where post-doctoral supervision is available for licensure purposes.

## **APPLICATION PROCESS**

Application to the Walter Reed, Bethesda internship and/or the Navy Medical Center, San Diego internship consists of two parts: the standard APPI (submitted online to the APPIC Match website and a Navy application that is used for determining suitability for commissioning as a naval officer. Because applicants to the internship are also applying to become active duty Navy officers if matched to our program through the APPIC match, they must meet all age, security background check, and medical requirements for commissioning as naval officers prior to being placed on the internship's APPIC match list. This part of the application is completed with the assistance of a Navy Medical Programs Officer Recruiter. To locate the Medical Programs Officer Recruiter nearest you, go to <http://www.navy.com/navy/careers/healthcare/> - Click on "Find a Recruiter" and type in your zip code (ask specifically to speak with a Medical Programs Officer Recruiter) or contact:

Eric J. Getka, Ph.D.  
CAPT, MSC, USN (ret)  
National Director, Navy Psychology Training Programs  
Walter Reed National Military Medical Center  
Bethesda, Maryland  
(301) 295-2476  
[eric.j.getka.civ@health.mil](mailto:eric.j.getka.civ@health.mil)

Prior military experience is not a requirement or expectation for applicants. Most applicants for the Navy internships have no prior military experience. Applicants do not have to be in the military to apply and there is no military service obligation unless an applicant matches with the internship through the APPIC match.

As noted above, the two Navy internships are not a consortium. They are separately-accredited by the APA and are listed separately on the APPIC website. Applicants may apply to one or both of the internships. In order to be placed on the APPIC match lists for the Navy internships in Bethesda and San Diego, applicants must apply to each internship separately.

Our internship and the Navy welcome and encourage applications from women and members of diverse backgrounds; we do not discriminate on the basis of gender, race, ethnicity, religion, sexual preference, etc. In accordance with United States law regarding military officers, applicants must be United States

citizens and cannot hold dual citizenship. (Applicants who hold dual citizenship must be willing to relinquish non-U.S. citizenship prior to commissioning as a military officer).

It is important to note that the Navy accepts internship applicants only from APA-accredited doctoral programs in clinical and counseling psychology.

Prior to starting the internship year, all doctoral degree requirements other than the internship and doctoral dissertation must be completed. This includes all required coursework, all written and/or oral comprehensive examinations, pre-internship practicum experiences, and approval of the dissertation proposal by the applicant's full dissertation committee. Whenever possible, the dissertation should be completed prior to internship, but this is not a requirement.

The Navy internships have not established a required number of practicum hours, or required types of practicum settings, to be considered for our internships. However, given the predominantly adult focus of our internships, and of Navy Psychology in general, we specifically seek applicants with practicum experience in generalist clinical assessment and psychotherapy with adults. Experience with adults with major psychopathology is preferred but not mandatory. Applicants with minimal experience with adults, or with adult experience only in narrowly focused specialty areas such as neuropsychological assessment, would be at a significant disadvantage in our review and APPIC ranking of applicants.

Graduate students interested in applying to the Navy internship in Bethesda or San Diego are advised to contact the Navy Recruiting Office in their local areas. This office can typically be found online and in the Government Pages of the local telephone directory. Applicants should specifically ask for a Medical Programs Officer Recruiter. Often, small recruiting offices will not have Medical Programs Officer Recruiters, but can easily direct the applicant to the closest one. Because of the extra time required to complete the Navy application, it is advisable to start the process as early as possible. Starting in September or earlier is recommended. Later starts can be accommodated but increase the chance that the application may not be completed in time for consideration.

Applicants are strongly encouraged to visit the internship sites in which they are interested, and to which they have been invited for interviews during the APPIC application process. However, we fully understand the current time, travel, and financial burden of the APPIC Match process, and are happy to conduct phone interviews when travel to the Navy internship sites is prohibitive for the applicant. Additionally, applicants are strongly encouraged to contact the Training Director with any questions or concerns.

Interns will attend the specific internship program with which they match (Bethesda or San Diego).

**Preferred method of contacting the programs:** Email

Training Director, Navy Medical Center, San Diego: Dr. David Mather  
([david.mather@med.navy.mil](mailto:david.mather@med.navy.mil))

Training Director, Walter Reed National Military Medical Center, Bethesda: Dr. Richard Bergthold ([Richard.D.Bergthold.mil@health.mil](mailto:Richard.D.Bergthold.mil@health.mil))

National Training Director: Dr. Eric Getka ([eric.j.getka.civ@health.mil](mailto:eric.j.getka.civ@health.mil))