

# **DOCTORAL INTERNSHIPS**

## **NAVY 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 doctoral internships in clinical psychology are organized around a Practitioner-Scholar model and provide an intensive, twelve-month period of clinical, didactic, and leadership experiences.

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.

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.

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.

### **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 conditions, 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

## **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 have the option of applying to one or both of the internships. **(Applying to one of the internships does not automatically make the applicant eligible for both internships. Applicants who wish to be considered for both internships must apply to them separately on the APPIC website).** Interns will attend the specific internship program with which they match (i.e., Bethesda or San Diego).

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

- High ethical standards in clinical practice.
- Honor, courage, 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 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. (Individuals who wish to remain on active duty beyond the three-year period of obligated service may do so).

## **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 aboard an aircraft carrier and at a Marine Corps training base.

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

**PLEASE NOTE: MORE DETAILED ABOUT THE SAN DIEGO AND  
BETHESDA INTERNSHIPS CAN BE FOUND IN THE TRAINING  
MANUALS LOCATED AT:**

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

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.

Training Director: Dr. David Mather, Ph.D., ABPP, Training Director, Navy Clinical Psychology Internship, Naval Medical Center, San Diego  
Email: david.b.mather2.civ@mail.mil

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

The internship at Walter Reed National Military Medical Center is comprised of an orientation period followed by two 16-week rotations (Adult Outpatient Behavioral Health and Psycho-diagnostic Assessment), two 8-week rotations (Behavioral Health in Primary Care/Behavioral Sleep Medicine and Inpatient assessment and intervention), the overarching trans-rotation experience which is 12 months, operational training trips, and didactic presentations to include the Psychiatry Grand Rounds series and other military-specific didactic training.

Interns receive training from the Center for Deployment Psychology (CDP), associated with the Uniformed Services University of the Health Sciences in Bethesda, MD. CDP courses provide extensive training in aspects of the military deployment cycle, including situational and clinical factors impacting both deploying military members and their families. Additionally, CDP provides training in empirically supported treatment (either Prolonged Exposure or Cognitive Processing Therapy) for Post-Traumatic Stress Disorder, and Cognitive Behavioral Therapy for Insomnia.

Didactic training during the internship includes lectures, seminars, and Psychiatry Grand Rounds, sequenced in order to build on the training already received in graduate studies. Didactics include topics relevant to the general practice of clinical psychology (including professional ethics), topics more specific to the practice of clinical psychology in the military, and ongoing education related to professional development as a Navy psychologist and naval officer.

Training trips include, whenever possible, approximately one week providing psychological services aboard a major Navy combat vessel at sea, giving the interns a firsthand overview of life and clinical issues in the Navy Fleet. Additionally, interns will visit either Marine Corps Base Quantico, VA or Marine Corps Base Camp Lejeune, NC to observe training and health service delivery in a Marine Corps context.

The Walter Reed National Military Medical Center, a large tertiary care hospital, offers a full range of administrative assistance opportunities. Interns have identified office space and are provided with laptop computers. 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 online literature searches.

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

## APPLICATION PROCESS

Application to the Walter Reed, Bethesda internship and/or the Navy Medical Center, San Diego internship consists of two parts:

- 1 . The standard APPI (submitted online to the APPIC Match website) and,
- 2 . A Navy application that is used for determining suitability for commissioning as a naval officer.

Because applicants are also applying to become active duty Navy officers if matched with a Navy internship 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/careers/healthcare/> - Click on "Find a Recruiter" and type in your zip code. (When contacting the recruiting office, ask specifically to speak with a Medical Programs Officer Recruiter. Small recruiting offices may not have Medical Programs Officer Recruiters, but can easily direct you to the nearest one. 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@mail.mil](mailto:eric.j.getka.civ@mail.mil)

Applicants who match with the program are commissioned as Navy Medical Service Corps Lieutenants prior to starting internship and, after internship completion, are obligated to serve 3 years on active duty as Navy Psychologists. There is no military obligation for applicants who do not match, but all applicants must complete the recruiting process, including background checks and physical examination, in order to be considered for the internship. We cannot put anyone on our match ranking list who has not completed the Navy recruiting process.

## INTERVIEWS

An in-person interview at one of the Navy internship training sites is required. Applicants who are applying to both Navy sites are only required to interview in-person at one of the sites. A phone interview with the Training Director at the site not visited is strongly encouraged. (While there is no requirement for in-person interviews at both sites, applicants are welcome to visit and interview at both sites if they wish).

For internship year 2017-2018, interviews will be held on the following dates:

- **Naval Medical Center (NMC), San Diego.** In-person interviews will be conducted at NMC, San Diego on 6, 7 and 8 December 2016. Selected applicants will be contacted via phone or email by the Training Director no later than 18 November 2016 to schedule an interview. (Point-of-Contact regarding interviews: Dr. David Mather

([david.mather@med.navy.mil](mailto:david.mather@med.navy.mil); 619-532-6065).

- **Walter Reed National Military Medical Center, Bethesda.** In-person interviews will be conducted at Walter Reed National Military Medical Center Bethesda on 13, 14, and 15 December 2016. Selected applicants will be contacted via phone or email by the Training Director no later than 18 November 2016 to schedule an interview. (POC regarding interviews: Dr. Richard Bergthold ([Richard.d.bergthold.civ@mail.mil](mailto:Richard.d.bergthold.civ@mail.mil); 301-319-2997).

**Alternate dates for interviews can be arranged.**

The Navy internships give careful consideration to all available information about each applicant and selects interns on a competitive basis without regard to race, sex, religion, creed, color, or national origin (Article 1164 Navy Regulations).

## **POSITION INFORMATION**

**Deadline for APPI:** 14 November 2016 for both internships

**Deadline for Navy commissioning application:** 9 December 2016

**Internship Start Dates:** NMC, San Diego: 25 Sept 2017

Walter Reed, Bethesda: 18 September 2017

**Number of Slots Expected Next Class:** 6 in each internship

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

	<b>Low Stipend:</b>	<b>High Stipend:</b>
<b>Stipend*:</b> (NMC, San Diego):	\$76,078.00	\$80,311.00
(WRNMMC, Bethesda):	\$ 80,604.00	\$83,004.00

\*Stipend difference due to DoD cost-of-living adjustment based on location. “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**

Interns receive all benefits due a Navy officer including: health and dental coverage for self and dependents; thrift savings plan; access to Commissary, Navy Exchange department stores; moving expenses; 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

<u>US Citizenship Required:</u>	Yes (dual citizens must agree to relinquish non-US citizenship if matched with a Navy internship)
<u>Comprehensive Exams Passed:</u>	Prior to APPIC Match list submission deadline
<u>Dissertation Proposal Approved by full dissertation committee</u>	Prior to APPIC Match list submission deadline
<u>Dissertation Defended:</u>	No
<u>Applicants Welcome from What Program Types:</u>	Clinical or Counseling
<u>Psychology APA-Accreditation of Doctoral Program</u>	Required
<u>Ph.D.</u>	Acceptable
<u>Psy.D.</u>	Acceptable
<u>Age Limit</u>	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).

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 (prior to Match list deadline), pre-internship practicum experiences, and approval of the dissertation proposal by the applicant's full dissertation committee (prior to Match List deadline). 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.

## **SERVICE OBLIGATION**

Interns incur a 3-year active duty obligation which begins upon completion of the 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 where post-doctoral supervision is available for licensure purposes. Graduating interns may also be assigned to Navy hospitals in Japan or other overseas locations where supervision for licensure purposes is also available.

### **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.civ@mail.mil](mailto:Richard.D.Bergthold.civ@mail.mil))

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

