



**DEPARTMENT OF VETERANS AFFAIRS**  
**VA Central Western Massachusetts Healthcare System**  
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**The pre-doctoral internship program of the VA Central Western Massachusetts Healthcare System (CWM HCS) is pleased to announce the addition of a new position for the 2013-2014 training year with the Worcester Interprofessional Team at our Worcester Community Based Outpatient Clinic (WCBOC).**

The goal of the WCBOC internship rotation is to produce mental health trainees with expertise in assessment and evidence-based interventions which will enable them to address the physical and psychological needs of our veterans in a holistic and patient-centered manner. This new position has been funded through a VA Interprofessional Mental Health Education Expansion Initiative whose purpose is to promote training of mental health professionals that emphasizes interprofessional teamwork. Interns in our program will complete general MH training requirements, such as assessing and treating PTSD, depression and suicidality, as part of an interdisciplinary MH team consisting of psychology, nursing, social work and psychiatry. In addition, trainees will develop specialized MH skills through didactic and experiential training in the following specialty areas: **behavioral sleep medicine, pain management and substance use disorders, and Home-Based Primary Care (HBPC)**. They will also have the option of training the **MOVE** weight management and nutrition program. To maximize continuity of training and patient care, the intern’s clinical duties will occur simultaneously throughout the training year across these specialty training areas.

Interns will carry a case load of individual and group psychotherapy clients that will include veterans from each specialty population. Learning objectives include 1) **Assessment:** perform comprehensive (general) interview-based mental health assessment and diagnosis, screen for psychological and lifestyle factors specific to sleep disturbance, pain and substance abuse phenomenology and management, and conduct mental status exams and brief cognitive screening with HBPC veterans to assess functional abilities and limitations; 2) **Intervention:** provide evidence-based interventions for insomnia, pain management and substance abuse, including Cognitive Behavioral Therapy for Insomnia (CBT-I), relaxation training, Imagery Rehearsal Therapy (IRT), Exposure, Relaxation and Rescripting Therapy (ERRT) for trauma nightmares, Acceptance and Commitment Therapy (ACT), Relapse Prevention, Cognitive Behavior Therapy for Chronic Pain, mindfulness meditation, and short-term and supportive psychotherapy services to HBPC patients and their families, and Motivational Interviewing (MI) to actively engage veterans in shared decision-making about setting goals for behavioral change in areas such as sleep, pain management, substance use, weight management, and other lifestyle choices; 3) **Collaboration:** engage in interprofessional team collaboration of cases to coordinate care and make referrals to MHU, HBPC, and other providers as needed. To foster skills in interdisciplinary collaboration, the

<b>Fitchburg CBOC</b> <b>Burbank Hospital</b> <b>275 Nichols Road</b> <b>Fitchburg, MA 01420</b> <b>(978) 342-9781</b>	<b>Springfield CBOC</b> <b>25 Bond Street</b> <b>Springfield, MA</b> <b>01104</b> <b>(413)731-6000</b>	<b>Pittsfield CBOC</b> <b>73 Eagle Street</b> <b>Pittsfield, MA 01201</b> <b>(413) 499-2672</b>	<b>Worcester CBOC</b> <b>604 Lincoln Street</b> <b>Worcester, MA 01605</b> <b>(508) 856-0104</b>	<b>Greenfield CBOC</b> <b>Greenfield Corp. Center</b> <b>143 Munson Street</b> <b>Greenfield, MA 01301</b> <b>(413) 773-8428</b>
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psychology intern and nursing trainee (APRN) will present shared cases from each of the specialty areas in weekly, student-led case consultation meetings, joined by their supervisors and team members from primary care as needed. As the trainees' skills develop over the course of the training year, they will engage in joint consultations with veterans during office visits. **Psychology interns may also have the opportunity to gain experience in the provision of supervision through tiered supervision with a WCBOC MHU practicum student;** 4) **Performance Improvement:** participate in ongoing individual and program outcomes evaluation using validated performance measures including the Insomnia Severity Index (ISI), PTSD Checklist, Chronic Pain Acceptance Questionnaire, and the Tampa Scale for Kinesiophobia.

**Training Sites:**

The psychology intern will typically spend four days per week at the WCBOC in Worcester, and attending weekly staff MHU staff meetings, and formal didactic seminars presented by WCBOC staff from mental health, primary care and medical specialties to enhance training in each of the specialty areas. They will spend one day per week on the Leeds Campus of the CWM HCS engaging in orientation, didactics and additional training with other CWM psychology interns. (For further information regarding intern training and evaluation, please see the CWM internship brochure at <http://www.psychologytraining.va.gov/CWM/>).

Due to its large size and physical remoteness from other VA facilities, the WCBOC functions largely as a free-standing community health clinic, striving to meet the diverse medical and mental health needs of all veterans in city of Worcester and the surrounding areas. The 50 + clinical providers comprising primary care, mental health, pharmacy and medical specialties work together at WCBOC as a close-knit community to provide cohesive, patient-centered care. The WCBOC has a long history of prioritizing training across medical and mental health disciplines, having served as a training site for medical residents, social work interns, nursing students, and psychology trainees for many years (continuously training psychology interns from 1988 through 2011).

**Supervisory Staff:**

Miriam Rubin, Ph.D., Psychologist, Primary Rotation Supervisor ([Miriam.Rubin@med.va.gov](mailto:Miriam.Rubin@med.va.gov)), Sleep Disorders and MOVE Programs; Christina Hatgis, Ph.D., Psychologist, Rotation Supervisor, Pain Management and Substance Use Disorders Program; David Chick, Ph.D., Psychologist, Rotation Supervisor, Home-Based Primary Care; Suzanne Burchman, M.Ed., RD, LD/N (Ancillary supervisor, MOVE Program)

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