



# Doc B's Training Experiences

September 2019 – August 2020

**APA Accredited Post-Doctoral Fellowship – PTSD Clinical Team  
Phoenix Veterans Affairs Health Care System, Phoenix, AZ**

## PTSD CLINICAL TEAM (PCT) - SEPTEMBER 2019 TO SEPTEMBER 2020

### Clinical Training:

- I conducted intake PTSD evaluations with veterans, provided education on trauma-related symptoms, explored treatment goals, and discussed treatment options within the PTSD Clinical Team (PCT).
- I provided individual psychotherapy for PTSD using Cognitive Processing Therapy (CPT), Eye Movement Desensitization and Reprocessing therapy (EMDR), Prolonged Exposure (PE), Imagery Rehearsal Therapy (IRT), Written Exposure Therapy (WET), ACT for Trauma, and Cognitive Behavioral Conjoint Therapy (CBCT).
- I cofacilitated a women's Military Sexual Trauma CPT group.
- I co-facilitated a CBCT group.
- I provided supervised peer supervision to a psychology intern in a supportive context on a CPT case.
- I attended and participated in weekly multidisciplinary PTSD clinical team meetings.

**Treatment Approaches:** I utilized CPT, EMDR, PE, WET, ACT, and CBCT to treat combat- and MST-related PTSD in veterans. I utilize IRT to effectively address nightmares associated with PTSD.

**Assessments:** I completed assessments including the CAPS-5, PHQ-9, GAD-7, PTCI-5, MIES, AUDIT-C, PCL-5, CSI-16, DASS-21, LEC-5, DES, MMPI-2RF, PAI, MCMI-III, and the SORTS.



August 2018 – August 2019

**APA Accredited Pre-Doctoral Internship – PTSD/General Mental Health Track  
Phoenix Veterans Affairs Health Care System, Phoenix, AZ**

## **PTSD CLINICAL TEAM (PCT) ROTATION - FEBRUARY 2019 TO AUGUST 2019**

### **Clinical Training:**

- I performed intake evaluations to assess PTSD, provide education on trauma-related symptoms, and discuss treatment options within the PTSD Clinical Team (PCT) with veterans.
- I conducted individual psychotherapy for PTSD using CPT and Eye Movement Desensitization and Reprocessing therapy (EMDR).
- I co-facilitated a men's CPT group.
- I provided treatment for trauma-related nightmares using Imagery Rehearsal Therapy (IRT).
- I attended and participated in weekly multidisciplinary PTSD clinical team meetings.

**Treatment Approaches:** I utilize CPT, EMDR, and PE to treat combat- or MST-related PTSD in veterans. I utilize IRT to effectively address nightmares associated with PTSD.

**Assessments:** I anticipate using assessments including the CompACT, CAPS-5, PHQ-9, GAD-7, PTCI-5, MIES, AUDIT-C, MMPI-2RF, PAI, MCMI-III, and PCL-5.

## **HEALTH PSYCHOLOGY ROTATION - FEBRUARY 2019 TO AUGUST 2019**

### **Clinical Training:**

- I engaged in individual treatment of behavioral medicine concerns (e.g., smoking cessation, CPAP adherence, sleep, pain), medical phobias (e.g., white coat hypertension, needle phobia), and health management issues.
- I provided psychoeducation to veterans about the mind-body connection to explore how developmental factors and traumatic experiences influence the patient's health-related coping.
- I co-facilitated a CBT-I group to provide psychoeducation and strategies to foster healthy sleep habits and routines.

**Treatment Approaches:** I utilized CBT for depression (CBT-D), CBT-I, CBT-CP, ACT, EMDR, and MI to address concerns relevant to the practice of clinical psychology in a health context.

**Assessments:** I performed assessments using the CompACT, AAQ-2, ATQ, PHQ-9, GAD-7, AUDIT-C, Epworth Sleepiness Scale, Insomnia Severity Index, Sleep Need Questionnaire, and PCL-5.

## WEST VALLEY VET CENTER ROTATION – AUGUST 2018 TO FEBRUARY 2019

### Clinical Training:

- I provided individual treatment of posttraumatic stress disorder (PTSD) as well as couples and family counseling by helping to remove barriers to effective adaptation to civilian life after military services in an outpatient, community-based setting.
- I provided general mental health services and readjustment counseling to diverse outpatient populations of combat veterans and veterans who have been exposed to combat and military sexual trauma (MST).
- I co-facilitated a Vietnam-era combat veterans group that provides supportive therapy, psychoeducation, and skills training to encourage and enable peer support, reinforcement of veterans' relationships, authentic expression of emotions, anger management, and emotion regulation.

**Treatment Approaches:** I utilized Cognitive Processing Therapy (CPT), Cognitive-Behavioral Therapy (CBT), CBT for Insomnia (CBT-I), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), and Interpersonal Psychotherapy in my work with patients in this rotation.

**Assessments:** I completed assessments using the CompACT, CAPS-5, PHQ-9, GAD-7, PTCI-5, MIES, AUDIT-C, and PCL-5.

## GENERAL MENTAL HEALTH ROTATION – AUGUST 2018 TO FEBRUARY 2019

### Clinical Training:

- I provided evidence-based treatment of a wide range of mental health conditions including anxiety, depression, substance use, pain, challenges with sleep, values

clarification, motivational issues, combat-and non-combat-related PTSD, personality disorders, and adjustment difficulty.

- I worked with an interdisciplinary treatment team to perform intake assessments, treatment planning, crisis intervention, and individual and group psychotherapy in an outpatient mental health population.
- I co-facilitated a co-occurring treatment group for veterans with co-occurring substance use and mental health disorders.
- I also co-facilitated an anger management group to encourage and enable peer support, emotion regulation, and the authentic expression of emotions.

**Assessments:** I completed assessments using the MMPI-2RF, PAI, MCMI-III, CompACT, CAPS-5, PHQ-9, GAD-7, PTCI-5, MIES, AUDIT-C, BDI-II, STAI, ATQ, AAQ-II, VLQ, and PCL-5.

**Treatment Approaches:** I utilized CPT, CBT, CBT-I, ACT, MI, Mindfulness-based Stress Reduction (MSBR), and Interpersonal Psychotherapy in my work with patients in this rotation. I also participate in weekly CPT and MI consultation to improve treatment skills and case conceptualization.

## **ASSESSMENT CLINIC – AUGUST 2018 TO AUGUST 2019**

### **Didactics:**

- I participated in weekly didactic trainings to develop proficiency in diagnostic interviewing and assessment administration including the MCMI-IV, MMPI-2-RF, and PAI.
- I received referrals from outpatient general mental health and inpatient clinics.
- I received supervision on test administration, interpretation, case conceptualization, report writing, and provision of feedback.

**Assessments:** I completed assessments using the MMPI-2RF, PAI, MCMI-III, PHQ-9, GAD-7, AUDIT-C, BDI-II, STAI, and PCL-5.

# Education and Training

## **Eye Movement Desensitization and Reprocessing (EMDR) Training Workshop – Part 1 February 2019**

- Attended a 3-day training workshop to learn about the three-pronged protocol of EMDR therapy and components of the EMDR approach designed to provide effective treatment with clients, learn about existing research support for EMDR, and the types of client concerns that are treatable with EMDR therapy.
- Provided by the EMDR Institute, Inc.

## **Eye Movement Desensitization and Reprocessing (EMDR) Training Workshop – Part 2 June 2019**

- Attended a second 3-day training workshop to learn to identify and effectively resolve clinical problem areas in the utilization of EMDR therapy and how to effectively employ specific resources to use with challenging or resistant clients.
- Provided by the EMDR Institute, Inc.

## **Cognitive Behavioral Therapy for Insomnia (CBT-I) Training Workshop – October 2018**

- Attended a training workshop to acquire knowledge and skills needed to implement CBT-I with Veterans.
- Provided by the Department of Veterans Affairs, Employee Education System.

## **Breathe, It's Okay. Pain and Wellness Training Workshop - October 2018**

- Attended a training workshop to learn knowledge and skills needed to implement a mindfulness-based wellness program for veterans to help manage chronic pain and increase the positive dimensions of their lives.
- Provided by the Department of Veterans Affairs, Employee Education System.

## **Cognitive Processing Therapy (CPT) for PTSD Training Workshop - September 2018**

- Attended a 3-day training workshop to gain knowledge and skills needed to implement CPT with Veterans seeking treatment for PTSD symptoms. Committed to participate in a weekly CPT case consultation group for at least 6 months, 20 consultation calls, or until “provider status” is achieved. Eligible for “CPT Provider Status” upon completion of training, consultation requirements, and licensure.
- Provided by the Department of Veterans Affairs, Employee Education System.

## Motivational Interviewing (MI) Training Workshop - September 2018

- Attended a 3-day training workshop to obtain knowledge and skills needed to implement MI with Veterans. I also participate in a weekly MI case consultation group.
- Provided by the Department of Veterans Affairs, Employee Education System.

## Other Training Experiences

### AUGUST 2018 TO AUGUST 2019

**Didactic Seminar Series:** I attend weekly didactics seminars on a range of topics including diversity, interprofessional communication, evidence-based psychotherapies, assessment, Health Psychology, PTSD, and PC-MHI.

**Diversity Journal Club:** I participate in monthly Diversity Journal Club meetings and engage in discussion to expand knowledge and understanding of relevant diversity-related issues.

**Supervision Clinic:** I participated in a 12-week series that included didactic presentations and training to expand knowledge (e.g., diversity, ethics, supervision models) relevant to providing supervision.

**Program Evaluation:** I performed a program evaluation related to ensuring veterans diagnosed with PTSD receive the appropriate referrals for treatment and to explore issues related to treatment continuity.

## Graduate Clinical Experience

### JUNE 2017 - JULY 2018

**Graduate Student Therapist – Posttraumatic Stress Disorder Rotation**

**George E. Wahlen Department of Veterans Affairs Medical Center, Salt Lake City, UT**

**Clinical Training:** I conducted individual therapy using cognitive processing therapy with veterans with military sexual trauma from the Vietnam, Korea, and OIF/OEF conflicts.

**Assessments:** I performed weekly psychodiagnostic PTSD assessment and treatment planning for veterans using the CAPS-5, PHQ-9, GAD-7, PTCI-5, MIES, WHODAS - 2.0, LEC, AUDIT-C, and PCL-5.

**Treatment Approaches:** I began to learn about and practice CPT at this site.

**Interdisciplinary Experience:** I consulted with various professionals in myriad disciplines to determine which services are available and would be most beneficial to veterans.

**Didactics:** I participated in individual and group supervision and weekly didactic training on the CAPS-5, prolonged exposure, and cognitive processing therapy.

## JUNE 2017 - JUNE 2018

### Graduate Assistant Therapist – Brigham City Cardiac Wellness, Brigham City, UT

**Clinical Training:** I provided counseling services to adult clients with recent cardiac events in a hospital cardiac rehabilitation setting.

**Interdisciplinary Experience:** I utilized medical records to coordinate with medical staff to develop and support treatment plans. I also taught stress management skills to patients and the hospital staff.

## JUNE 2016 - JUNE 2018

### Graduate Assistant Therapist – Student Health Services, Logan, UT

**Clinical Training:** I conducted psychodiagnostic assessments and provided focused, brief-interventions in a primary care mental health integration setting (PCMHI).

**Treatment Approaches:** I utilized CBT, ACT, CPT, MBSR, Interpersonal Process (IPT), and Motivational Interviewing at this site.

**Interdisciplinary Experience:** I attended weekly staff meetings where we discussed topics relevant to practice in a healthcare setting. I coordinated the psychology therapeutic team and organized scheduling, directed referrals, and provided peer-consultation with my colleagues who were new to the site.

**Assessments:** I completed assessments using the CompACT, BAARS-IV, BDI-II, BAI, STAI, ATQ, AAQ-II, VLQ, PHQ-9, and GAD-7.

**Didactics Provided:** I participated in case consultation with my practicum team and conducted case presentations and psychoeducational presentations that included risk assessment, behavioral activation, psychotropic medications, and motivational interviewing to clinicians in their first year of clinical training.

## JUNE 2015 - JUNE 2018

**Graduate Assistant Therapist – Long-Term Trauma-Focused Therapy, Logan, UT**

### **Clinical Training:**

- I co-lead a support group for spouses of women with severe childhood sexual abuse.
- For three years, I co-led a support group for individuals who experienced severe childhood sexual abuse, several of whom were diagnosed with Dissociative Identity Disorder.
- I provided individual therapy and psychodiagnostic testing to individuals with histories of physical, emotional, and sexual trauma.
- I provided supervised treatment for anxiety disorders, depressive disorders, narcissistic personality disorder, PTSD, and childhood and adult sexual abuse/assault.

**Treatment Approaches:** I utilized ACT, CPT, Interpersonal Process, and Motivational Interviewing in this clinic.

## MAY 2015 - JULY 2016

**Graduate Assistant Therapist – Up to Three Early Intervention Program, Logan, UT Center for Persons with Disabilities**

**Clinical Training:** I provided in-home behavior modification strategies and support to parents and families of children with developmental delays or disabilities.

**Interdisciplinary Experience:** I collaborated and consulted with multidisciplinary professionals for a wide variety of children's health and development needs.

**Treatment Approaches:** I used behavioral parent management training and used MI to explore the ambivalence experienced by parents to correct problem behavior and to augment the efforts of other professionals (e.g., occupational, physical, and speech therapists).

## AUGUST 2015 - MAY 2016

### Graduate Student Therapist - Counseling and Psychological Services, Logan, Utah

**Clinical Training:** I provided individual and group therapy to college-aged clients. I co-led an Understanding Self and Others process group for men and a psychoeducational mindfulness group for men and women.

**Treatment Approaches:** I utilized CBT, ACT, MBSR, IPT, and MI at this site.

**Assessments:** I completed assessments using the BDI-II, BAI, STAI, ATQ, AAQ-II, VLQ, PHQ-9, and GAD-7.

**Didactics:** I participated in case consultations, case presentations, and weekly didactic trainings.

## AUGUST 2014 - OCTOBER 2015

### Practicum Therapist - Integrative Practicum with Adults, Adolescents, and Children Logan, Utah

**Clinical Training:** I provided supervised treatment for anxiety disorders, depressive disorders, adjustment disorder, oppositional defiant disorder, and ADHD. I participated in weekly case consultation with members of the practicum.

**Didactics:** I participated in weekly classes that focused on promoting knowledge and awareness about assessment and the practice of clinical and counseling psychology with child, adolescent, and adult populations in a community clinic.

**Assessments:** I completed assessments using the WAIS-IV, WISC-IV, Woodcock Johnson III, Barkley Scales, Achenbach Scales, ABI-II, CBCL, BASC-2, BAARS-IV, BDI-II, BAI, STAI, ATQ, AAQ-II, VLQ, PHQ-9, and GAD-7.

**Presentations:** I presented on case conceptualization, multicultural issues, and treatment strategies using CBT, MI, and ACT.

# Additional Clinical Training

**AUGUST 2015 - MAY 2016**

**Graduate Student Trainee – Utah Regional Leadership and Education in Neurodevelopmental Disabilities (URLEND)**

This training emphasized an interdisciplinary model and was comprised of didactic, clinical, and research training experiences.

**Observational component:** This interdisciplinary clinical training consisted of shadowing pediatric psychologists and other clinical professionals who provided therapy to children and families around medical and behavioral issues (e.g., craniofacial abnormalities, spina bifida, developmental disabilities, disruptive behaviors, eating difficulties).

**Didactics:** I participated in weekly seminars that focused on promoting knowledge and awareness about medical, home, life course, transition, and family-centered concerns.

**Research:** I also participated in the design, data collection, analysis, and writing of a journal article about the awareness of the needs of those diagnosed with autism in university settings.

**Presentations:** I co-led a bilingual (English and Spanish) presentation about social services that were available for parents of children with autism at the Salt Lake County Health Department.