

# **ABBREVIATED CLINICAL PSYCHOLOGY INTERNSHIP MANUAL**



**WOMACK ARMY MEDICAL CENTER**

**FORT BRAGG, NORTH CAROLINA**

**ABBREVIATED CPIP MANUAL**



## PREFACE

This abbreviated manual describes the Womack Army Medical Center (WAMC), Fort Bragg, Pre-Doctoral Clinical Psychology Internship Program (CPIP). The CPIP Internship is intended to prepare graduates to provide world-class behavioral health services to Service Members worldwide. Full manual available upon request. For additional information please contact the Program Director:

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## TRAINING PHILOSOPHY, OBJECTIVES, AND OVERVIEW

Philosophy. The internship is organized around a Practitioner-Scholar model. Day-to-day training emphasizes increasing skills in clinical practice and improving familiarity with evidence-based practices. The training faculty expects Interns to learn to practice clinical psychology in a manner informed by psychological theory and research.

The major rotations reflect areas of practice in which Army clinical psychologists provide services and include: military psychology/adult outpatient clinic, basic elements of cognitive evaluation, pain psychology, and/or primary care/health psychology. In addition, the program provides ongoing opportunities to conduct evidence-based individual therapy throughout the training year.

Training Objectives: The objectives of the training program are to foster the development of a number of core competencies identified by the Office of the Surgeon General as being essential to the practice of clinical psychology within an Army setting. In addition, training objectives focus on the Assessment of Competency Benchmarks developed by the APA Board of Educational Affairs in collaboration with the Council of Chairs of Training Councils. Below are the competency domains for the CPIP Internship:

### Foundational Competency Domains

Professionalism  
Interpersonal/Communication  
Ethics and Legal Standards  
Cultural Diversity  
Reflective Self-Assessment  
Scientific Knowledge/Methods

### Functional Competency Domain

Assessment/Diagnosis/Conceptualization  
Intervention and Consultation  
Supervision/Teaching (Presenting)

Pre-Internship Requirements: The following doctoral degree requirements must be completed prior to entrance into the Army: (1) All required coursework, (2) written and oral comprehensive examinations, (3) pre-internship practica, and (4) acceptance of dissertation proposal. Though not required, it is highly recommended that dissertation/clinical research project data collection is complete before the start of internship.

Dissertation/clinical research project completion and university graduation (or documentation of completion of all graduate school requirements), are both required prior to the start of the Womack Army Medical Center Clinical Psychology Residency Program (CPRP).

Post-Internship Options: While the majority of recently graduated interns remain at WAMC for the second year CPRP, CPIP graduates may pursue one of two options following successful completion of the internship and graduation from their doctoral program:

- Option 1: Enroll in the 12-month WAMC CPRP which includes an optional three-month rotation of their choice in the areas of Operational Psychology, inpatient behavioral health care, neuropsychology, or Clinical Research.
- Option 2: CPIP graduates may decline participation in a residency year and immediately obtain orders to their next assignment. However this option requires substantial preparation for licensure during the internship year, obtaining licensure within 2 months of graduation from the doctoral program, and approval by the Director of Training.

## **PROGRAM OVERVIEW**

Overview. Following a four-week Army Commissioning course and a 10-week Basic Officer Leadership Course (BOLC) at Joint Base San Antonio, TX, Interns report to the WAMC CPIP for internship training. The CPIP internship year is comprised of a two-week orientation period followed by the following two (2) *required* clinical rotations:

Required Rotation 1 – Military Psychology Rotation/Adult Outpatient: During this 9-month rotation, Interns learn to conduct behavioral health evaluations and provide follow-up treatment/disposition of Active Duty patients referred from a large number of sources with a wide variety of presenting problems. Interns carry a caseload of individual psychotherapy patients and engage in supervised outpatient individual and group therapy practices. Interns learn how to assess and manage risk for self-directed and other-directed aggression, as well as how and when to move patients to more intensive or controlled treatment environments. In addition, Interns conduct military-specific evaluations including Security Clearances, Fitness for Duty evaluations, and suitability screenings. During this rotation, interns are supervised on conducting psychological testing of patients referred from a variety of sources.

Required Rotation 2 – TBI Clinic Rotation: Interns spend between six-weeks (mandatory) and up to three months (optional) at the National Intrepid Center of Excellence (NICoE) satellite located at Fort Bragg, NC. Interns receive an introduction to neuropsychological principles, develop an understanding of the basics of traumatic brain injury evaluation, and receive exposure to treating postconcussive symptoms.

Interns making adequate progress in training may, with the approval of the Program Director, choose to participate in one (1) of the following 6-week *elective* rotations:

Elective Rotation 1 – Primary Care/Health Psychology: On this 6-week rotation, Interns receive supervision on functioning as Internal Behavioral Health Consultants to a variety of Primary Care providers, and learn how to complete rapid evaluations of patients presenting with a variety of symptoms and concerns including but not limited to anxiety, insomnia, weight reduction, treatment adherence, lifestyle management, tobacco cessation, sex education, and diabetes management. Interns learn to provide brief, targeted interventions and make dispositional recommendations to providers, as well as how to directly assist patients with increasing their motivation for behavioral change.

Elective Rotation 2 – Pain Management Clinic: Interns may alternatively elect to spend 6 weeks in the Pain Clinic, where they receive further didactic education on the psychology of pain. Interns will observe and engage in the treatment of pain using a variety of methods to include biofeedback, yoga, mindfulness, and acupuncture.

### Transrotational/ Year Long Requirements

Posttraumatic Stress Treatment: During the course of the training year, Interns participate in a transrotation outpatient clinic for the treatment of patients diagnosed with PTSD. Evidence-based treatment approaches are used under supervision and following appropriate training.

Internship Meetings: All interns attend a weekly 1-hour professional development/mentorship meeting with the Program Director. A rotating schedule of didactic topics includes Officer Professional Development, military psychology topics, journal reviews, case presentations, etc. Opportunities for additional individual professional development and mentorship meetings are also available to interns.

#### Didactics:

Didactic Training: Didactic training consists of lectures and seminars throughout the year. For further information on the Didactics Curriculum, click the link below:  
<http://www.wamc.amedd.army.mil/EducationAndResearch/SitePages/Army%20Clinical%20Psychology%20Internship%20Program.aspx>.

Cultural and Individual Differences and Diversity: See Diversity sub-heading at  
<http://www.wamc.amedd.army.mil/EducationAndResearch/SitePages/Army%20Clinical%20Psychology%20Internship%20Program.aspx>

#### Training Hours

The program ensures CPIP Interns receive the required supervised experience necessary to function as Clinical Psychologists and to meet the training requirements for various state licensing boards as well as the National Register of Health Service Providers in Psychology. This is understood to be a minimum of 52 weeks or 2000 hours of supervised experience during the training year. The training year consists of 12 calendar months from October to October.

The Department of Behavioral Health and other clinics and services where Interns work typically have duty hours equivalent to a 40-hour work week. However, for Interns to obtain the maximum training value, including assigned and self-identified reading, a minimum of 50 hours per week is typically necessary. It is recognized that most state licensing boards allow credit for only 40 hours per week towards licensure requirements. Normal duty hours are 0700 hours to 1700 hours, Monday through Friday, and include 60 minutes for lunch.

#### Additional Functions, Roles and Support

Student Leadership Roles: Each intern serves a term as the Chief Intern during the CPIP year. This is a leadership position and Interns are expected to approach their duties with professionalism suitable to a military officer. Duties include meeting with the Program Director as needed to discuss Intern concerns and receive information; conveying relevant information to fellow Interns; assisting with coordinating special projects; coordinating intern involvement in special events (Military Ball, etc); and hosting Distinguished Visiting Professors (DVPs).

#### Intern Performance Evaluation

Self-Assessment/Initial Skills Assessment: A program level assessment of each Intern's skills is conducted prior to beginning the first rotation. This evaluation is used by the faculty to develop a general understanding of the Intern's particular strengths and deficits so that training may be appropriately tailored to the Intern's

professional developmental needs. Remedial training may be employed to improve relative areas of deficit. In addition to the program level assessment, Interns will be asked to complete self-assessments using competency-based evaluation forms specific for each rotation at the start of each rotation.

Weekly supervision: During each clinical rotation Interns receive at least four hours of weekly scheduled supervision (individual and group). Supervision is intended to provide specific guidance regarding treatment of patients as well as to discuss broader clinical topics. Progress toward rotational competencies and learning goals is also reviewed.

Performance Evaluations. Supervisors complete quarterly competency evaluations to help Interns gauge performance. A minimum 'P' rating in each domain is required by the end of each rotation, as well as at the end of the year to complete the internship. In the event that an Intern's progress is considered inadequate, increased supervision and/or modification of the training regimen will be discussed and instituted as necessary. Should performance and progress not improve to predetermined, objectively definable levels, processes to consider formal training status modification will be instituted (Please see "Due Process Policy for Participants in GME Programs available at the link below:

<http://www.wamc.amedd.army.mil/EducationAndResearch/SitePages/Army%20Clinical%20Psychology%20Internship%20Program.aspx>).

Developmental Support Form, Officer Evaluation Support Form, Officer Evaluation Reports, and Individual Development Form: As military officers, interns are rated on their military traits and performance. The Officer Evaluation Support Form, completed by each officer, is used to communicate the Intern's achievements throughout the rating period. All officers are annually rated by senior officers or senior staff members on performance, and results become part of the officer's permanent military service record to be used in the promotion process.

The Individual Development Plan (IDP) is an informal dynamic training tool that aids in the development and tracking of training goals. The tool supports the APA requirement for individualized training, increased Intern participation in identifying strengths and deficits, and tracking of measurable goal achievement over the course of training. The IDP is designed to focus on foundational competencies (e.g., conceptualization, interview skills, writing skills, etc.), rotation specific skills, and dissertation progress. The IDP is reviewed and updated at least quarterly by the Program Director.

Intern Evaluation of Didactics Rotations, Supervision, and overall Internship Program: Interns complete evaluation of didactics upon completion of each professional speaker didactic. Interns complete a rotation evaluation form and supervisor evaluation form upon completion of each rotation. Interns submit a written critique of the training program in general at mid-year and at the end of the internship. Trainee identification on the critiques is optional.

Accreditation: The Department of Defense is committed to offering psychology training programs that are accredited by the American Psychological Association. The Womack Army Medical Center Clinical Internship Program is committed to achieving this goal. Applicants are welcome to contact the American Psychological Association directly to monitor program application and accreditation status.

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