



# Durham VA Medical Center Psychology Internship Training Brochure



Updated August 19, 2020

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## CONTACT INFORMATION

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**Match Number: 141411**

**Application Deadline: November 1<sup>st</sup>, 2020 11:59pm EST**

**Website: <http://www.durham.va.gov/services/psychology-internship.asp>**

## ACCREDITATION STATUS

The **Durham Veterans Affairs Medical Center (VAMC) Psychology Internship Program** is accredited by the Commission on Accreditation of the American Psychological Association ([APA](#)). The next site visit is scheduled to occur **August 2023**. For information regarding APA accreditation of this internship or other accredited internships, please write or call:

***Office of Program Consultation & Accreditation  
American Psychological Association***  
750 First Street NE  
Washington, DC 20002-4242  
202-336-5979  
[www.apa.org](http://www.apa.org)



## COVID-19 IMPACT ON TRAINING

The COVID-19 pandemic has created numerous personal and professional challenges for us all. One of these challenges is uncertainty about what will happen next week, next month, and especially one year from now. The Durham VA Medical Center Psychology Training Program has prided itself on its transparency, providing detailed and accurate information about our program and training opportunities. With COVID, transparency means we cannot definitively predict how specific rotations or adjunctive training opportunities may evolve for the 2020-2021 training year. With confidence, we can say that there will likely be more utilization of telehealth and technology-based delivery platforms. We do not expect there to be any significant changes to the base clinical services or populations served through rotations and adjunctive experiences described in our materials. With that being said, we have detailed below some of the changes that have occurred. However, due to the fluid nature of the situation, these changes may or may not continue into the 2021-2022 training year. Although we have faced many challenges thus far during 2020, our dedication to high-quality clinical care and psychology training and our dedication to the trainees themselves has never been stronger.

### Conditions of Psychology Training in Response to COVID-19

- The Durham VA Health Care System's (VA HCS) Mental and Behavioral Health Service Line (MBHSL) will apply a risk stratification approach to resuming in-person (face-to-face) care at our sites. The MBHSL is currently in Phase 1. When we enter phase 2, the MBHSL may be able to potentially lift further restrictions to provide in-person non-emergent care with the concurrence of the Network Director.
- The VA campuses have strict restrictions on patients or other members of the public visiting based on four levels of priority. Durham VA HCS has implemented universal masking, meaning that anyone who enters our campuses is required to wear a mask, including patients who have outpatient appointments. All screening checkpoints are ensuring that patients and their caregivers have a mask, or are provided a mask if they do not have one. You will be asked health screening questions at the entrance checkpoints. You will also be provided a mask for use at work (once weekly or once daily, depending on your work setting).
- All outpatient clinic staff and trainees have not been seeing patients in person since March 2020, only via telehealth (telephone or video when possible). As these restrictions change, we will continue to have collaborative discussions with the training program and trainees regarding these matters. As much as possible, sites will work to limit in-person patient contact and will take into account individual trainee circumstances and preferences in returning to in-person patient care.
- Residential or inpatient settings are operating with limited in-person staff contact with patients. In-person contacts are currently allowed by trainees. Alternatively, patient contacts can be made through telephone or video visits. For in-person care, all residential and inpatient settings are practicing extra vigilant hand hygiene and social distancing, are

using a gown/mask/glove protocol when appropriate, and have a no visitor policy to the units.

- All trainees will continue to receive the required hours of weekly supervision (individual and group in-person or video). Psychology trainees should expect routine supervisory observation using telehealth modalities, as well as co-treatment with supervisors and other licensed mental health staff.
- All didactics and seminars are currently held remotely. Any future in-person seminars will be planned with appropriate social distancing.
- Durham VA HCS COVID-19 Current Operating Status:  
<https://www.durham.va.gov/emergency/index.asp> Since March 2020, we have been fortunate that we have had low numbers of COVID-19 patients hospitalized in our facility (less than 10 at a time). You can see current and total patient and employee cases at any VA facility at this website, including at Durham VA HCS:  
<https://www.accesstocare.va.gov/Healthcare/COVID19NationalSummary>.
- Durham County COVID website: <https://www.dconc.gov/county-departments/departments-f-z/public-information/covid-19>



***2019-2020 Interns at Intern Robert Graziano's Wedding***

*Back Row (left to right): France Aunon and partner; Alex McConnell; Kristin Silver and partner; and Keisha Carden. Middle Row (left to right): Jennifer Yi, Stephanie Rossitch, and Carolyn Brennan. Front row: Robert and Maggie Graziano.*

## APPLICATION & SELECTION PROCESS

### *Eligibility*

Candidates for the Durham VA Medical Center Psychology Internship Program must be US citizens enrolled in a doctoral (PhD) clinical or counseling psychology graduate program, which is accredited by the American Psychological Association (APA) or Canadian Psychological Association (CPA), or clinical science programs accredited by PCSAS. Candidates must be approved by their graduate program's Director of Training as ready for internship, and preferably will have only minor dissertation requirements remaining. Candidates' graduate programs must be accredited by APA, CPA, or PCSAS prior to January 1, 2020 to be considered eligible for Durham VAMC's internship in the upcoming Match (i.e., matching for the 2020 – 2021 training year). Applicants must have a minimum of 300 hours of Intervention. Given that the COVID-19 pandemic impacted some applicants' ability to accrue assessment hours, no minimum number of assessment hours is required. Preference is typically given to candidates who have supervised assessment and intervention experience with a range of psychopathology across diverse populations and settings, as well as supervised training in objective psychological test administration and interpretation. Preference is also given to candidates whose training has included both quality clinical experiences and a thorough grounding in research design and application. Male applicants born after 12/31/1959 must have registered for the draft by age 26. VA is unable to consider applications from anyone who is not currently a U.S. citizen. Verification of citizenship is required following selection. All interns must complete a Certification of Citizenship in the United States prior to beginning VA training.

Matched interns are subject to fingerprinting, background checks, and urine drug screens (which might occur as a random screening, during the internship). Match results and selection decisions are contingent on passing these screens. Matched interns are also required to meet the essential functions (physical and mental) of the training program and to be immunized following current Center for Disease Control (CDC) guidelines and VHA policy for healthcare workers to protect themselves, other employees and patients while working in a healthcare facility. This requirement is met by verification through the intern's doctoral program Director of Clinical Training. The DCT must verify that the intern has satisfactory health to perform the duties of the clinical training program, a recent TB screen, and Hepatitis B vaccination or signed declination waivers. Please click on the following [link](#) for more detailed information on eligibility to train in a VA setting.

We seek applicants who have a sound clinical and scientific knowledge base from their academic program, strong basic skills in standard assessment, psychotherapy, and research techniques, and the personal characteristics necessary to function well in our internship setting. Our selection criteria are based on “goodness-of-fit” with our training opportunities. We prefer to build an Intern class that comes from many different kinds of programs and theoretical orientations, from different geographical areas, of different ages, of different cultural backgrounds, and with different life experiences.

Very strong candidates for our internship would be those who have achieved one or more of the following in their graduate school and practicum experiences:

- **Intervention:** 500 intervention hours accrued in quality settings with populations consistent with our site (e.g., military personnel or Veterans, hospitals, adults, severe psychopathology), and experience with at least one empirically supported treatment.
- **Assessment:** 150 assessment hours, at least 5 integrated reports, and good experience with diagnostic interviewing and utilizing sound personality and cognitive assessment instruments.
- **Scholarship:** Research productivity as evidenced by one or more first author publications in a quality peer-reviewed journal or several peer-reviewed publications for which the applicant is a contributing author.
- **Diversity:** Demonstrable pattern of valuing of diversity through prior work with diverse clients and strong articulation of a sensitivity to and/or awareness of diversity considerations in their applications and interviews.

*“The training director and my supervisors really worked with me to tailor each of my clinical rotations to what I most wanted to experience and learn, and they checked in with me along the way to be sure each rotation continued to fit my learning goals. I have really appreciated the mentorship I have received on internship, both through the guidance and feedback available from direct supervisors and other members of the psychology staff, as well as by how they have been great examples of balancing professionalism with a fun and enjoyable work culture. Passionate, personalized, and professional, that is how I would describe the Durham VA psychology internship training program: passionate about the difference we make in the lives of veterans; personalized training that has met me where I am in my development and prepared me for my next steps in becoming an independent psychologist; and professional in modeling how to navigate the demands upon providers within a cutting-edge healthcare system, all the while balanced with a fun and supportive work culture. “*

*~2017-2018 Intern*

### **Application**

As a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC), the Durham VAMC internship participates in the computer matching program and adheres to all APPIC policies. Internship applications are submitted *electronically*. To submit an application, please go to the APPIC website ([www.appic.org](http://www.appic.org)) for instructions on how to complete the online APPIC Application for Psychology Internships (AAPI).

Instructions and forms for the Applicant Agreement form required for the Match from the National Matching Program may be downloaded at web site at [www.natmatch.com/psychint](http://www.natmatch.com/psychint). Applicants who cannot access the website should contact National Matching Service (NMS) directly to request instructions and registration forms.

***Interested individuals who meet eligibility criteria must submit the following materials:***

- APPIC Online Application for Psychology Internship (AAPI)
- Cover letter indicating interests & a rank-ordered list of your top 4 preferred rotations
- Curriculum vitae
- Official graduate transcript(s)
- 3 letters of reference (addressing clinical and research experience)

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### **APPLICATION DEADLINE:**

***11:59pm (EST)***

***November 1, 2020***

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### **INTERVIEWS**

Top candidates will be invited for virtual interviews, which will occur on the three dates listed below. Invitations are typically extended the fourth week of November. Please be sure to indicate an email address and a daytime telephone number in your application materials so you can be reached to schedule an interview. Inquiries may be made via e-mail at [Jessica.Fulton@va.gov](mailto:Jessica.Fulton@va.gov).

**2020-2021 Interview Dates:**

Tuesday, December 8, 2020

Wednesday, December 9, 2020

Wednesday, January 20, 2021

*Invitations to interview will be issued by electronic mail, no later than **November 27, 2020**. Applicants not selected to interview will receive notification by electronic mail no later than **December 2, 2020**. Individuals who do not interview virtually will not be considered for selection through the APPIC Match.*

**SELECTION**

The Durham VA Psychology Internship Program is a member of APPIC and complies with all APPIC guidelines in the recruitment and selection of interns, and participates in the NMS Match program. We abide by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any Internship applicant. A complete copy of APPIC policies and the computer matching program can be found at the APPIC website, <http://www.appic.org/>.

Successful candidates who match with the Durham VAMC Internship will be contacted by phone and e-mail, as part of discussions regarding rotation assignments. For **2021-2022**, the Internship Program training year begins on **August 2, 2021**.

*“The Durham VAMC psychology internship is the perfect combination of training in breadth and depth. Supervisors genuinely prioritize training, such that caseloads reflected training goals.”*

*~ 2013-2014 Intern*

## PROGRAM DESCRIPTION

The Durham VA Medical Center (VAMC) Psychology Internship is located in [Durham, NC](#), the most ethnically diverse of the major communities in the state. The veteran patient population is similarly diverse, and providers serve intergenerational Veterans from a wide range of ethnic, religious, disability status, sexual orientation, and gender identities.

The Durham VAMC Internship Program provides a one-year (12-month), full-time training experience for clinical and counseling psychology doctoral (PhD) students from APA- or CPA-accredited programs. The program provides broad-based, culturally competent, generalist training in clinical assessment, intervention, consultation, research/scholarly inquiry, and clinical supervision. The Program has been in existence for more than 40 years and is accredited by the APA's Commission on Accreditation. Our program adheres to a scientist-practitioner philosophy of training. Psychology faculty are committed to contributing to the development of well-rounded, competent clinical psychologists prepared for the independent practice of health service psychology, as well as developing clinically-informed researchers and faculty. Many faculty members have joint academic appointments at our primary affiliate, Duke University Medical Center, as well as other nearby academic institutions (e.g., University of North Carolina – Chapel Hill). The Durham VAMC and its research programs also offer opportunities for [postdoctoral psychology training](#).

With psychology training staff who are dedicated to the professional development of our trainees, this setting provides the intellectual stimulation associated with a university teaching hospital providing state-of-the-art clinical care and health care research delivered in a region filled with a variety of recreational and cultural opportunities. Multicultural competence is integral to the mission of our training program at the Durham VA. We recognize the importance of acknowledging and supporting individual differences in our trainees, and within relationships between our trainees, staff, and patients. We work to identify, respect, and nurture the unique personal attributes that an individual brings to each relationship, and believe that fostering a culturally rich and diverse training environment is foundational to a strong training program, and to nurturing professional psychologists capable of providing culturally competent, patient-centered care. To that end, we promote an awareness of, and sensitivity to, individual and cultural diversity identities across multiple settings during the training year through discussions during supervision, seminars, and workshops.

*“The program does not take a ‘one size fits all’ approach to training. In each of my rotations, my supervisors talked with me about my specific training goals. They then made efforts to provide me with the instruction and clinical experiences needed to meet these individualized goals and regularly checked in with me about my progress.”*

*~2017-2018 Intern*

## TRAINING MODEL & PROGRAM PHILOSOPHY

Our program adheres to the scientist-practitioner philosophy of training. We provide training in and encourage use of evidence-based psychological practice. Our developmental training model emphasizes the progression from graduate student to professional ready for entry-level independent practice in psychology. The primary focus of the internship year is graduated experiential learning. Competencies in professional practice are developed through clinical practice, supervision, didactic training and mentorship. Delivery of patient care is secondary to the educational mission of the internship. Interns play an important role in selecting their own training opportunities and developing training plans to meet their specific needs.

## PROGRAM AIMS

The Durham VAMC internship program's overarching aim is to prepare interns for success in their postdoctoral and entry-level employment within the profession of psychology. For most of our interns, their career paths include work in academic medical centers, VA medical centers, academic appointments, or other research settings. In support of the intern's prior education and training, we provide culturally competent, generalist training to prepare interns for practice in clinical, research or academic settings. Through modeling and the training experiences of the internship, the importance of clinical practice that has its foundation in the science of psychology is stressed. The program formally integrates science and practice in many ways including didactic seminars on practice issues that are based on current empirical literature, required participation in research and/or other scholarly activities (e.g., program evaluation) during the internship year, the use of empirically-validated and -supported assessment and clinical interventions, and encouragement and provision of administrative leave to attend scientific meetings. Our goals are consistent with the Durham VAMC's mission to provide quality care to Veterans, while advancing state of the art services through research and education. Consistent with APA's Standards of Accreditation, our program has nine primary goals.

*"One thing I really appreciated about the internship was the thoughtful way that supervisors talked about evidence-based practice-- it was clearly a strong value to work from an evidence base and use EBP's, and at the same time thinking theoretically and contextually (not just 'using the cookbook') was encouraged. I learned so much about the mechanisms of change as a result!"*

*~2012-2013 Intern*



***Interns develop entry-level competency in the following areas:***

- Research
- Ethical and legal standards
- Individual and cultural diversity
- Professional values and attitudes
- Communication and interpersonal skills
- Assessment
- Intervention
- Supervision
- Consultation and interprofessional/interdisciplinary skills

***These competencies are developed through 4 major program components:***

1. Experiential clinical training
2. Didactic training
3. Experiential training in evaluation and research/scholarly inquiry
4. Supervision and mentoring

## **PROGRAM STRUCTURE**

The internship year is divided into six-month semesters for purposes of clinical rotation assignments. Each intern participates in two rotations per semester, and rotation assignments are based on consideration of both the intern's interests and identified training needs. Every effort is made to assign a set of clinical rotations that will balance the intern's training goals and interests with training needs to ensure a broad range of clinical experiences.

<b><i>August – March</i></b>	<b><i>March – August</i></b>
Rotation 1	Rotation 3
Rotation 2	Rotation 4

The required workweek generally ranges from 40-45 hours. Clinically-related activities comprise approximately 70% of the intern's time each

*“The overall structure is a strength of this training program. It has allowed me enough time to achieve competence within a given area, while also enabling me to explore a number of different content areas.”*

*~2017-2018 Intern*

week. The remaining time is devoted to research/program evaluation, didactic training, and administrative activities.

### **Supervision**

The Durham VA Medical Center Internship Program consistently receives high marks from interns for the quantity and quality of supervision available to them. Our supervisors adhere to a developmental model of supervision and are dedicated to empirically based practices.

VA is strongly committed to making evidence based psychotherapies (EBPs) widely available

to Veterans and has developed and implemented competency-based EBP staff training programs nationally in

VA. We are fortunate that the majority of our staff hold provider status in at least one of the many EBPs (e.g., Cognitive Behavioral Therapy for Chronic Pain, Acceptance and Commitment Therapy for Depression).

Our psychology supervisors also serve as training consultants for VA dissemination programs, including: Motivational Interviewing, Cognitive Behavioral

Therapy for Insomnia, Integrated Behavioral Couples Therapy, Prolonged Exposure, and Cognitive Processing Therapy. In addition to receiving formal didactic training and opportunities to implement these interventions, interns have the opportunity to bank credentials for VA provider status in Cognitive Processing Therapy during internship.

Regarding the structure of supervision, interns receive at least 4 hours of supervision each week – two or more of those hours are individual supervision – and will find staff available and open to additional, unscheduled supervision sessions when needs arise. Given the unparalleled value of direct observation in the trainee’s development, this is the primary supervision modality used across rotations. Other modalities of supervision are also utilized, including review of audio/video recording, case discussion, and case presentation.



*“The research opportunities with faculty at the MIRECC are excellent. I was able to work with psychologists that were both actively involved in research and clinical services in addition to getting involved with papers and learning about grant writing opportunities!”*

*~2017-2018 Intern*

week – two or more of those hours are individual supervision – and will find staff available and open to additional, unscheduled supervision sessions when needs arise. Given the unparalleled value of direct observation in the trainee’s development, this is the primary supervision modality used across rotations. Other modalities of supervision are also utilized, including review of audio/video recording, case discussion, and case presentation.

### **Research / Scholarly Inquiry**

Participation in research/scholarly activity is required of interns throughout the year. One half-day each week (4 hours) of training time is protected for research or program evaluation activities. The Durham Medical Center is home to a vast network of research endeavors, many in conjunction with the [Mid-Atlantic \(VISN 6\) Mental Illness Research Education and Clinical Center](#), Durham Center for [Health Services in](#)

[Primary Care](#), and Duke University Medical Center. Interns typically have three types of staff involved in research training. Firstly, their Clinical Rotation Supervisors are responsible for evaluating the Intern's competencies, which includes research competencies and goals, on a quarterly basis. Those supervisors will communicate with the Intern throughout the year, quarterly at a minimum, about progress toward the Intern's research goals. The second type of staff involved in the Intern's research training is their Research Mentor. At the beginning of the year, Interns will have the opportunity to meet potential research mentors and will be asked to select a research mentor and notify the Training Director by mid-September. The Research Mentor is the Intern's primary point of contact for mentoring the Intern in their research-related activities on internship. Interns are encouraged to seek out VA clinicians and researchers whose interests align with their own as a strategy for not only identifying potential research mentors, but to build skill in establishing research collaborations. The third type, research collaborators, are any individuals (in addition to your Research Mentor) who have ongoing research or program development/evaluation projects and have invited Interns to contribute. These working relationships are quite variable in nature and scope and need to be negotiated at the outset.

Although proposing and implementing a research protocol during the internship year is likely not feasible due to VA Institutional Review Board timelines, psychology staff and affiliated training program staff have active research programs with which Interns may become involved including posttraumatic stress disorder, psychological assessment, smoking cessation, sleep disorders, chronic pain, and health services research. To foster effective use of outlets for academic communication and research dissemination, Interns are invited to formally present their scholarly work to the psychology faculty through research talks, job talks, and a research poster session. Participation at professional meetings is encouraged, and professional development time (authorized absence) supports these activities. Common research activities of Interns include journal article review, program development and evaluation, manuscript preparation, and qualitative or quantitative literature review.



Interns are often eager to complete/continue work on their projects from previous training/work settings, and we are eager to support that work. Interns are encouraged to consider small-scale or time-limited commitments to VA projects, even if they have other non-VA opportunities, to allow them to learn more about research work in this setting. Ultimately, Interns can opt out of VA-based research opportunities to focus on ongoing non-VA research if they desire.

## DIVERSITY

Our Psychology Training Program is deeply committed to cultural competency and to fostering an environment that is highly sensitive to and appreciative of all aspects of diversity. We believe that diversity among departmental members strengthens our staff, stimulates creativity, promotes the exchange of ideas, and allows us to provide more sensitive and effective patient care. We welcome diversity in our Internship class, and we warmly encourage minorities and persons of diverse backgrounds of all types to apply.

Our program is predicated on the idea that increased self-awareness



and appreciation for other worldviews and cultures makes psychologists more effective clinicians, researchers, and educators. Diversity and equity permeate and inform all training, policies, and practices of the Internship Training Program. While we have required didactics, we aim to infuse individual and cultural diversity into every aspect of our curricula.

Durham is a richly diverse city, home to a greater makeup of ethnic minority groups than any of the five largest cities in North Carolina. Durham is also home to a large and thriving [LGBTQ](#) community, and was named the [Most Tolerant](#)

[City in the US](#) in 2012 by The Daily Beast. Of note, our facility is listed in the Health Care Equality Index as a leader in LGBT healthcare. Further, the LGBT Veteran Care Coordinator for the Durham VA HCS is a staff psychologist who contributes to training in both our Internship and Fellowship Programs.

### **Psychology Diversity Steering Committee**

Our Psychology Service Diversity Steering Committee works collaboratively to advocate and foster awareness and knowledge about diversity, multicultural competence, and psychological practice. The Committee seeks to accomplish this by creating a welcoming, equitable, and inclusive atmosphere that promotes open dialogue about issues of culture and diversity while promoting the safety, well-being, and success of all within our department and the larger VA system. Interns are welcomed and encouraged to participate in our Psychology Diversity Steering Committee and diversity training activities.

*“My internship year at the Durham VA has been truly restorative. I have learned so much and formed many amazing relationships with staff and fellow trainees. Everyone at this site works very hard to get trainees the training they want, and I have benefited immensely from this focus on trainees. I could not imagine a better year of internship!”*

*~ 2018-2019 Intern*

The Psychology Diversity Steering Committee aims to create an atmosphere where consideration of diversity is intuitive in the practice of psychology and to cultivate a culture of acceptance and inclusion in which diversity is integral, authentic, intrinsically valued, and visible. To that end, the committee incorporates diversity as a central component of our training for staff and trainees at all levels through continuous discussion and training. Specifically, the Psychology Diversity Steering Committee organizes Lunch and Learn Seminars, Roundtables, and the Diversity Mentorship Program.

### ***Diversity Lunch and Learn Seminar Series***

This series is facilitated by various staff psychologists and psychology fellows. It meets at least eight times during the academic year (usually on Fridays from 12:00-1:00pm). Diversity Lunch and Learn Seminars are intended to provide protected time for in-depth discussions on a topic related to cultural diversity. Readings are typically assigned in advance and are integrated with case discussions during the seminars. Both fellows and interns required to attend the seminars, with each fellow co-leading with a staff psychologist during one of the Diversity Lunch and Learn Seminars.

*“At the DVAMC, I've deeply appreciated serving a very diverse Veteran population. Such experiences vastly refined my clinical skills while simultaneously enriching my multicultural sensitivity.”*

*~2014-2015 Intern*

### ***Diversity Roundtable***

This is a monthly meeting for both staff and trainees, facilitated by Drs. Rachel Hibberd and Craig Libman. The content varies across different areas of diversity as well as format. Some meetings will include didactics presented by guest speakers, while others may include more experiential or discussion-based learning. The goal of the Diversity Roundtable is to provide an open, nonjudgmental context for all psychology staff and trainees to continually explore and advance their own cultural competency and awareness of multicultural and social justice issues.

### ***Diversity Mentorship Program***

The Psychology Service Diversity Steering Committee at the Durham VA HCS has developed a Diversity Mentoring Program to enhance the training experience of psychology trainees. We believe that attention to individual differences and diversity is vital to the development of competent psychologists. The purpose and goals of the diversity mentoring program include (1) providing psychology trainees the opportunity to discuss diversity-related experiences with someone who is



supportive and not in an evaluative role for the trainee, (2) to develop a mentoring relationship with someone who is not a direct supervisor of the trainee's clinical work, and who can offer guidance and support in navigating diversity-related experiences during the training year, and (3) to support the development of psychology trainees both personally and professionally, particularly as it relates to issues surrounding diversity. Aspects of the diversity mentoring program, the professional development mentoring program, and the research mentoring program may at times overlap. However, the diversity mentoring program is an optional experience for trainees designed to facilitate discussions specifically related to issues of diversity, equity, and inclusion as relevant to your professional identity and development. Mentoring meetings may include such activities as discussion of recent diversity related interactions (e.g., interactions with staff, Veterans, colleagues), discussion of topics related to diversity, discussion of professional development issues related to diversity, and review of journal articles or other literature related to a diversity topic of interest.

## PROFESSIONAL DEVELOPMENT

The internship year provides extensive opportunities for professional development. Professional growth and development over one's career are paramount to success as a psychologist. Therefore, in addition to informal mentoring by rotation supervisors and other training staff, each Intern will be partnered with mentors for professional development for the training year. Professional development mentors help the Intern negotiate the internship program, develop post-internship goals, and work toward completion of program requirements. Generally, Interns are encouraged to seek mentors who are not their clinical supervisors to maximize the collaborative and *non*-evaluative aspects of this mentoring relationship.

## EVALUATION

Training needs/goals are elucidated through the development of individualized training plans. In addition to having broad training goals, rotation assignments help Interns narrow and identify targeted goals unique to each clinical setting. Ongoing communication between interns and supervisors allows for continuous feedback and refinement of goals. Progress is also monitored through an ongoing liaison between the internship Training Director and the intern's graduate program. Quarterly competency assessments of intern performance are completed by rotation supervisors and help direct and evaluate progress toward training goals. Competency assessments are shared with respective graduate programs. Interns are also asked to provide anonymous evaluation of rotation experiences and supervisors to foster ongoing improvements of the program.

*"The training staff have been incredibly supportive of my professional development. I was struck by how genuinely interested they were in helping me meet my professional goals. In addition to my professional development mentor, my supervisors and other staff members offered their assistance and support in a number of ways throughout the job/post-doc application process."*

*~2017-2018 Intern*



*2019-2020 Interns Alex McConnell, Robert Graziano, Jennifer Yi, Stephanie Salcedo Rossitch, and Carolyn Brennan getting some much needed love from the Mental and Behavioral Health Service Line therapy dog, Riley, during fellowship application and interview season.*

*“The Durham VA's commitment to quality training and the well-being and satisfaction of trainees is unparalleled. Even in the midst of a global pandemic, I felt supported and respected. The Durham VA staff and leadership really stepped up, adapted quickly and flexibly, and consistently worked overtime to ensure the best overall experience and training! These characteristics were well-established and observable pre-COVID, but when put to the test, Durham VA staff and leadership did not falter. An excellent hospital and training facility all around..”*

*~2029-2020 Intern*

## TRAINING ROTATIONS & SUPERVISORS



*Front row pictured left to right: Brea Salib, Dina Kinner, Jay Gregg, Melanie Leggett, Rachel Ruffin, Kate Berlin, Cindy Greenlee, Lotus Meshreki, Stacey Kovac, Amie Schry, Julia Messer, Nathan Kimbrel, Amy Mistler. Back row pictured left to right: Keith Shaw, Carolina Clancy, Brandon Irvin, Jason Bonner, Sara Boeding, Michael Griffin, Josh Tiegreen, Saule Kulubekova, Rachel Rodriguez, Teresa Fecteau, Jeff White, Murray McNeil, Jessica Fulton.*

*"The psychology staff at the Durham VA are second to none. They all seem to be genuinely interested in us as trainees and committed to helping us in any way they can - whether it be professional development, clinical acumen, research chops, or navigating work/life/"what am I doing with my life" questions."*

*~2017-2018 Intern*

## ACUTE MENTAL HEALTH

### Psychology Faculty: Josh Tiegreen, PhD

The **Acute Mental Health (AMH) rotation** provides training on an acute inpatient psychiatric unit. The full spectrum of psychopathology and functional decline is assessed and treated in clinical settings. In addition, challenging ethical, social and legal issues are addressed as part of this clinical training experience. This rotation is particularly well-suited for interns interested in developing new skills and enhancing their proficiency in psychological and neuropsychological assessment. This rotation provides interns with exposure to patients experiencing the full

*"I came to internship wanting to gain a wide range of experiences, and training experiences were tailored to my goals...I am leaving internship with an array of skills that will be invaluable to me."*

*~2015-2016 Intern*

range of acute and chronic serious mental illness. There are three primary components to this rotation: 1) individual psychosocial rehabilitation and recovery services, including brief psychotherapy, 2) group therapy, and 3) assessment.

The Psychiatric Acute Recovery Center (PARC) offers a wide range of patients with acute psychiatric disorders and exacerbation of chronic disorders who are admitted to the inpatient psychiatry unit. Psychological services are provided on a consultation basis. Interns assume a significant role as members of the multidisciplinary treatment team, which provides many opportunities for growth and development of competence and professional identity. Interns gain experience

in many treatment modalities including brief psychotherapy, group psychotherapy, and psycho-educational groups. Interns participate in interdisciplinary case conferences with patients and their families. In addition, interns develop clinical interviewing skills and receive extensive experience in objective psychological (MMPI-2, PAI) and neuropsychological screening / assessment. With this training, interns learn to identify a rationale for the assessment, construct a test battery, organize and report data, and answer referral questions.



## ADDICTIONS TREATMENT

Psychology Faculty: Charles Jardin, PhD &  
J. Murray McNiel, PhD

***The Substance Use Disorders (SUD) Clinic*** - The Substance Use Disorders (SUD) Clinic provides outpatient services to Veterans diagnosed with SUD. Many Veterans have comorbid disorders, including serious mental illness, providing the opportunity to assess and treat individuals with complex psychological profiles. The intern functions as a member of a multidisciplinary outpatient SUD team providing psychological assessment and treatment. Assessment experiences include conducting evaluations in the SUD screening clinic, where the intern develops clinical interview skills needed to assess the nature and severity of SUDs as well as other psychological, social, and health problems. The intern also has the opportunity to perform more comprehensive psychological assessment of Veterans with substance use disorders, including administration of personality assessment and/or cognitive screening measures. The intern is able to develop group therapy skills with this population by co-leading/leading a weekly group, typically CBT targeting either initial change in use or relapse prevention. In addition to this group treatment, the intern follows several cases individually. Given the heterogeneous nature of the clinic population, individual cases provide the opportunity to treat both SUD and co-occurring mental health problems. Overall, the SUD Clinic training experience emphasizes evidence-based treatments, drawing most strongly on cognitive-behavioral and motivational enhancement approaches. Among these is CBT-SUD, an evidence-based intervention that is part of the VA national EBP dissemination program. Dr. McNiel is a consultant for this initiative.

***The Tobacco Cessation Clinic*** – All interns on the rotation have the opportunity to work with Veterans on tobacco cessation, which is historically a considerably under-addressed area of focus in mental health settings. Emphasis is on motivational and cognitive-behavioral interventions, consistent with the goals of increasing readiness to quit and carrying out specific behavioral changes in support of cessation. As part of this experience, an intern may have the opportunity to co-lead/lead the Tobacco Cessation Clinic, a comprehensive group therapy program that includes motivational enhancement, cognitive-behavioral coping skills training, relapse prevention strategies, effective utilization of social support, and facilitation of pharmacotherapy (e.g., nicotine replacement therapy).



## BEHAVIORAL MEDICINE

**Psychology Faculty: Natasha DePesa, PhD,  
Danielle Gagne, PhD**

The **Behavioral Medicine** rotation offers experience in a wide range of training activities (specialty psychological evaluation and treatment) within a culturally diverse patient population. Interns will work with Veterans with a variety of disease states, representing various service eras, identities (individual, racial, cultural, religious), age, gender, and socioeconomic status. **Health Psychology Clinic:** Interns will have the opportunity to conduct individual intakes as well as individual and group psychotherapy with patients with a variety of medical concerns. Common referrals include chronic pain, adjustment to chronic illness or changes in functioning, distress about (unexplained) medical symptoms, medication adherence concerns, and behavioral health concerns (e.g., weight management). All patients are seen initially for an intake evaluation and referred for additional treatment/services, as indicated. Individual caseloads and group intervention experiences vary based on other rotation activities and assigned supervisor. Possible group therapy experiences include: CBT for Chronic Pain, ACT for Chronic Illness, MOVE! Weight Management, and Progressive Tinnitus Management. **Pre-Surgical Evaluations:** Interns may have the opportunity to conduct a variety of pre-surgical evaluations, to include assessment of transplant, bariatric, and/or spinal cord stimulator candidacy as requested by the Veteran's specialty medical care team. During this process, Interns will interact with interdisciplinary teams (e.g., social workers, transplant coordinators, physicians, and mid-level providers) and conduct psychological evaluations of potential surgery candidates and their identified care partners. The evaluations involve assessment of coping style, medical adherence/compliance, knowledge and expectations related to proposed procedure, substance use history, and psychopathology. Interns are expected to formulate specific recommendations regarding suitability for surgery, and recommendations for interventions or behavioral markers which should be met before a patient may be considered for surgery. **Behavioral Sleep Medicine:** Interns may have the opportunity to conduct behavioral sleep medicine intakes and provide Cognitive-Behavioral Therapy for Insomnia (CBT-I). Veterans referred often present with a wide variety of sleep complaints (e.g., insomnia, sleep apnea, nightmares, circadian misalignment) and both medical and mental health comorbidities (e.g., chronic pain, PTSD). CBT-I is an evidence-based psychotherapy and is offered by Behavioral Medicine in individual and group format.

## HOME-BASED PRIMARY CARE

### Psychology Faculty: Rachel Rodriguez, PhD, MPH, ABPP-GERO, & Brea Salib, PhD

The **Home-Based Primary Care (HBPC)** rotation offers trainees the opportunity to provide in-home primary medical care and psychosocial services for Veterans whose chronic medical conditions have made it difficult or impossible to access the outpatient clinics for the medical care they need. HBPC serves (1) Veterans with multiple interacting chronic medical problems requiring longitudinal intervention to maintain health status, prevent functional decline, and reduce or delay institutionalization; (2) Veterans with relatively short-term problems, who need health services, home training, and home adaptation until they can be managed in an outpatient clinic, and (3) Veterans with advanced terminal illness who want palliative care. The HBPC Veteran population tends to be older in age. Therefore, HBPC is an excellent rotation to gain a solid foundation of common medical conditions in older adults and how those conditions may impact overall mental and cognitive health.

The psychology trainee becomes an active part of the HBPC program interdisciplinary team, which includes medicine, occupational therapy, physical therapy, nursing, nutrition services, pharmacy, psychology, and social work. A wide variety of psychological services are provided to HBPC clients by the psychology trainee. These services include (but are not limited to):

- psychological assessments, including cognitive and capacity evaluations
- individual and caregiver/family therapy for depression, anxiety, caregiver stress, and other forms of emotional distress
- interventions to address pain, sleep, weight management and tobacco cessation
- consultation with treatment team about methods of enhancing patient adherence to treatment regimens
- utilization of telehealth interventions for provision of services
- in-services to treatment team on psychology-relevant topics

Evidence-based psychotherapies are emphasized. Theoretical orientations utilized include cognitive, behavioral, and acceptance-based and mindfulness-based therapies.

The Durham VA HBPC Program operates teams at two sites: Durham (based at the Durham VA Medical Center) and Raleigh (based at the Raleigh III VA Clinic). Trainees can select a rotation at either site. Trainees will see Veterans within a 10-mile radius of the HBPC site. For Durham, this includes the cities of Durham, Hillsborough, and parts of Chapel Hill. For Raleigh, cities include Raleigh, Garner, and Knightdale. Trainees will have access to a government vehicle to use for home visits.

## NEUROPSYCHOLOGY

Psychology Faculty: Saule Kulubekova, PhD, ABPP-CN & Karen Tucker, PhD

The ***Neuropsychology Clinic*** provides training in neuropsychological assessment in two outpatient clinic settings. Veterans may be evaluated in the OEF/OIF/OND clinic, where the primary focus is traumatic brain injury. Older adult veterans are often referred for dementia evaluations taking place in the general neuropsychology clinic. Referrals come from primary care, psychiatry, neurology, and other specialty clinics of the hospital. Common reasons for referral include concerns about neurocognitive and behavioral symptoms related to neurological, psychiatric, and other potentially contributing conditions and events (e.g., Alzheimer's disease, vascular dementia, Parkinson's disease, head trauma, stroke, epilepsy, multiple sclerosis, brain tumors, neurodevelopmental disorders, substance use, mood disorders, and others). Through didactic and experiential training, interns will develop skills in the following competency areas: diagnostic interviews and neurocognitive status exams; design of flexible test batteries to address referral questions; neuropsychological test administration, scoring, and interpretation; preparation of evaluation reports; development of recommendations; and provision of feedback to patients. Consistent with the developmental training framework of the internship program, supervision typically progresses over the course of the rotation from a more didactic focus on specific clinical skill building to an increased focus on supporting the development of professional autonomy and clinical decision-making. Training expands the intern's existing knowledge base in brain-behavior relationship, psychopathology, and the neurosciences, and advances the intern's development as a scientist-practitioner.



## OPERATION ENDURING FREEDOM/IRAQI FREEDOM/NEW DAWN

**Psychology Faculty:** Sara Boeding, PhD,  
Jay Gregg, PhD, Kristin Healey, PhD,  
& Lotus Meshreki, PhD

The Operation Enduring Freedom/Iraqi Freedom/New Dawn (OEF/OIF/OND) Program includes a multidisciplinary team (Psychology, Psychiatry, Social Work Case managers, Nursing Case Managers, Speech-Pathology, Neurology) devoted to comprehensive care of Veterans returning from ongoing conflicts in Iraq and Afghanistan with physical, cognitive, and/or mental-health related concerns. Psychology faculty focus on delivering empirically supported



assessment and treatments for common post-deployment concerns such as PTSD, depression, and other anxiety disorders in individual and group modalities. Interns will have the opportunity to obtain specialty training and practice in empirically-supported PTSD treatments (i.e., Cognitive Processing Therapy and Prolonged Exposure). OEF/OIF Veterans typically exhibit complex presentations including multiple diagnoses (e.g., PTSD with comorbid depression and SUD), and treatment often includes accommodation for medical comorbidities and cognitive sequelae associated with Traumatic Brain Injury (TBI). Additional potential training opportunities include full-model Dialectical Behavioral Therapy (DBT) for individuals with complex presentations including emotion regulation deficits and related sequelae; Acceptance and Commitment Therapy for Depression (ACT); or Cognitive-Behavioral Couples Therapy (CBCT) for PTSD. Should Interns elect to engage in DBT training, they will be fully-integrated into the DBT team, engaging in DBT consultation,

providing individual DBT therapy, and co-facilitating DBT Skills groups.

## OUTPATIENT MENTAL HEALTH

### Psychology Faculty: Jessica Kinsaul, PhD, & Jeffrey D. White, PhD

The Outpatient Mental Health rotation provides an opportunity for a comprehensive training experience in a general outpatient mental health clinic, where interns can develop treatment-intervention skills across a full range of clinical problems and psychopathology. Primary responsibilities include:

- Diagnostic/personality evaluations with well-articulated case formulation
- Evidence-based individual and couple psychotherapies
- Developing proficiency with group interventions (e.g., anger management, Unified Protocol, DBT Skills,
- Working on a Behavioral Health Interdisciplinary Program (BHIP) Team

More intensive training experiences are available, such as specialized training in Anger-Management Program (a 3-part group series) or targeting a specific population or therapy approach, depending on intern interests.

From the intern's perspective, the OMH rotation provides an opportunity to refine conceptual, diagnostic, and psychotherapy skills with complicated and puzzling cases. Referrals to this rotation typically involve patients with multiple diagnoses and complex problem combinations, including, but not limited to: depression, panic, OCD, mood and anxiety dysregulation, PTSD, personality disorders, problematic anger and



aggression, couple/marital conflict, acute psychological distress, psychosis, and sexual dysfunction. Because of the complexity and diversity of cases, the intern has an excellent opportunity to refine the timing and delivery of psychotherapy interventions in the context of multifaceted challenges. Therapy plans incorporate empirically-supported treatment protocols (e.g., CPT, full model DBT), acute crisis management, brief psychotherapies, positive-psychology interventions, psychoeducational programs, and occasionally, more extended dynamic interventions.

## TRAUMA RECOVERY PROGRAM

**Psychology Faculty:** Kate Berlin, PhD, ABPP-CP,  
Carolina Clancy, PhD, ABPP-CP, Jay Gregg, PhD,  
Kristin Healey, PhD, & Rachel Ruffin, PhD

The **Trauma Recovery Program (TRP)** is a specialty clinic comprised of a multi-disciplinary team including Psychiatry, Psychology, Social Work, Chaplain Services, Peer Support, and Nursing that provides comprehensive outpatient services to Veterans of all genders and service eras presenting with trauma-related symptoms and impairment. Interns will have the opportunity to gain specialized training and practice in the delivery of evidence-based treatments for PTSD, including individual Prolonged Exposure (PE) therapy and Cognitive Processing Therapy. In addition, other empirically supported treatments are utilized in the clinic, including: Written Exposure Therapy (WET), Present Centered Therapy (PCT), Skills

*“The Durham VA internship program offers an excellent opportunity to get specialty training in trauma-focused treatment while also filling in any gaps in generalist training. The opportunity to gain experience with full-model DBT is rare and a very valuable experience!”*

*~ 2013-2014 Intern*

Training in Affective and Interpersonal Regulation (STAIR) and Dialectical Behavior Therapy (DBT) skills for emotion dysregulation, Cognitive Behavioral Therapy for Insomnia (CBT-I), Exposure, Relaxation and Rescripting Therapy (ERRT) and Imagery Rehearsal Therapy (IRT) for trauma-related nightmares, Cognitive Behavioral Conjoint Couples Therapy for PTSD (CBCT-PTSD), integrated Cognitive Behavioral Therapy (CBT) for chronic pain and PTSD, and Acceptance and Commitment Therapy (ACT) for experiential avoidance. Interns will also be trained in completing PTSD evaluation and treatment planning sessions, including the opportunity to learn the Clinician Administered PTSD-Scale for DSM-5 (CAPS-5). The TRP serves veterans with a wide range of presenting traumas, including combat, sexual assault (military or non-military), physical assault, and other military or non-military traumas. All service eras are served by the TRP therefore interns may have an opportunity to gain specialty experience with populations of interest (e.g., geriatric Veterans with comorbid medical and cognitive concerns, younger Veterans presenting with

comorbid Traumatic Brain Injury). A large proportion of the Veterans treated in the TRP are from low socioeconomic backgrounds and/or racial/ethnic minority groups. The TRP team is dedicated to incorporating diversity training into clinical work and trainee development. The doctoral level staff members are actively involved in clinical research activities and are recognized by the Department of Veterans Affairs as providers of PE and CPT. Two of the rotation supervisors are trainers/consultants in Evidence Based Therapies for PTSD (i.e., PE and CPT).

## **Raleigh II Community Based Outpatient Clinic**

**Psychology Faculty:** Sarah Filone, PhD,  
Julie Messer, PhD, Brad Rappaport, PsyD,  
& Jeffrey White, PhD

***Location:*** Raleigh II Clinic (3040 Hammond Business  
Place, Raleigh)

The Raleigh II Community Based Outpatient Clinic is a multidisciplinary team comprised of members from psychology, psychiatry, social work, nursing, chaplaincy, and peer support. The clinic provides outpatient mental health services to a diverse population of Veterans spanning all service eras and symptom presentations in the Raleigh area. Interns will have the opportunity to gain experience working in an urban mental health clinic setting and may select training goals related to: EBPs for trauma-related symptomatology (e.g. prolonged exposure, cognitive processing therapy); depression/anxiety (e.g. cognitive behavioral therapy, acceptance and commitment therapy); or insomnia (CBT for insomnia). Interns can also gain experience with intake assessments and co-lead a variety of psychoeducational and treatment groups. This rotation is designed to provide a unique CBOC training opportunity, as well as to meet the individualized training goals of each intern. As such, the rotation will include generalist outpatient training with a broad range of treatments/populations, *and* interns may choose to obtain specialty training in one (or potentially more than one) of the following areas:

- PTSD treatment and assessment (PE, CPT, CAPS assessment)
- Women's Health (caseload emphasis on this population)
- OEF/OIF/OND Veterans (caseload emphasis on this population)
- Older Adult Veterans (caseload emphasis on this population)
- Assessment (diagnostic assessment and treatment planning with Dr. Messer)
- Anger Management (co-lead group with Dr. White)
- Mindfulness-Based Intervention (co-lead group with Dr. Rappaport)
- Insomnia Treatment (co-lead group with Dr. Filone; individual CBT-I cases)
- LGBTQIA+ Wellness (co-lead group with Dr. Filone; as available)

The goal at the end of this training experience is to develop advanced skills related to treatment planning, delivery of evidence-based treatments in areas of interest, monitoring progress through measurement-based care, and working collaboratively with professionals in other disciplines. Weekly supervision will provide the opportunity to discuss case conceptualization, identify appropriate evidenced-based interventions, and hone skills related to treatment delivery.

## **Raleigh II Substance Use Disorders Clinic and Intensive Outpatient Program**

**Psychology Faculty: Courtney Dutton, PhD**  
***Location:* Raleigh II Clinic (3040 Hammond Business Place, Raleigh)**

The **Raleigh II Substance Use Disorders (SUD) clinic and Intensive Outpatient Program (IOP)** provides services to a diverse population of Veterans diagnosed with SUD in the greater Raleigh area. The Raleigh II SUD team is a multidisciplinary team comprised of members from psychology, psychiatry, social work, and nursing. The team strives to deliver compassionate, patient-centered evaluation and treatment for Veterans with difficulties with substance use and commonly co-occurring disorders (e.g., PTSD, depression, relationship conflict, difficulties with emotion dysregulation). Interns will serve as active members of the multidisciplinary team and have the opportunity to participate in weekly team meetings as well as consult with team members about shared cases.

The Raleigh II SUD clinic rotation provides unique and highly-relevant training opportunities in assessing and treating SUD and co-occurring difficulties utilizing evidence-based treatments including Mindfulness Based Relapse Prevention, Motivational Enhancement Therapy, Contingency Management, CBT for SUD, DBT skills for SUD, Concurrent Treatment of PTSD and Substance Use Disorders using Prolonged Exposure (COPE), CBT-Depression, Cognitive Processing Therapy, Prolonged Exposure, and couple therapy. Interns in the Raleigh II SUD clinic will gain experience treating co-occurring disorders through co-leading groups and carrying an individual therapy caseload. Interns will also have the opportunity to gain experience with screening and intake assessments, as well as completing comprehensive psychosocial assessments for Veterans with co-occurring disorders. In addition to the outpatient SUD program, the Raleigh II co-occurring disorders rotation offers training opportunities in the Intensive Outpatient Program (IOP), including providing treatment via tele-mental health.

This rotation allows for a breadth of experiences, while honing skills unique to working with Veterans who have been diagnosed with SUD and co-occurring difficulties. Weekly supervision meetings allow time for discussions about relevant treatments, case conceptualization, consultation with interdisciplinary treatment teams, and refining psychotherapy skills.

## REHABILITATION, GERIATRIC, PALLIATIVE, AND HOSPICE CARE

Psychology Faculty: Craig Libman, PhD

The Rehabilitation, Geriatric, Palliative, and Hospice Care rotation offers interns the opportunity to gain experience across several settings and with diverse patient populations with respect to disease states, sociodemographic characteristics, mental health issues, and life experience. The Durham VAMC Community Living Center (CLC) is a 100-bed unit that provides medical rehabilitation, long-term residential care, hospice care, and a caregiver respite program. Patients admitted for rehabilitation often present with orthopedic injuries, cerebrovascular accidents, limb loss, and other medical and neurological conditions along with adjustment, mood, anxiety, and behavioral concerns that may impact recovery. The Palliative Care Consult Team and Hospice Unit serve patients with chronic or life-limiting illness. Palliative Care is integrated into services throughout the hospital and to outpatients followed by the Palliative Care Consult Team. Interns have the opportunity to assess and treat adjustment and grief reactions, pain and symptom management, and existential angst. Interns gain a comprehensive understanding of factors influencing patients' physical and mental health in the context of physical illness/disability while working with an interdisciplinary team that includes medicine, psychology, psychiatry, pharmacy, social work, nursing, dietetics, physical medicine, occupational therapy, physical therapy, recreational therapy, and restorative therapy. **Psychological Interventions:** Individual, couples, family, and group psychotherapy; behavioral modification plans, behavioral medicine interventions. Cognitive, behavioral, and acceptance-based therapies used depending on presenting complaint and context. Reminiscence, dignity, and life review therapies also used in palliative and hospice care.

*"My rotation in the CLC was so invaluable. Not only did it broaden my skill set working on a medical unit but provided me the opportunity to be truly integrated into a medical team where my voice as an intern was heard and valued."*

*~2017-2018 Intern*

**Psychological Assessment:** Assessment consults focus on emotional functioning and adjustment to medical illness. Learning opportunities include brief and in-depth assessment of cognitive status, including decisional capacity. Recommendations are made to interdisciplinary team regarding treatment plan and discharge options (e.g., behavioral plan for disruptive behavior, level of care required for least restrictive community). **Consultation:** Weekly interdisciplinary team case presentations, individual case consultation. **Program Development:** Interns are invited to develop programs (e.g., groups) based on intern interest and patient need.

## WOMEN'S HEALTH – MENTAL HEALTH CLINIC

### Psychology Faculty: Kelly Caron, PhD

As a member of the Women's Health - Mental Health (WH-MH) team, the intern provides mental health services to women veterans, with an emphasis on increasing competence in the assessment and treatment of complex presentations. The women veterans served in our clinic represent a wide range of cultural and individual diversity. This includes women of varying ages



from all eras, representing a variety of racial and religious backgrounds.

Interns will have the opportunity to work with veterans who identify as gender and/or sexual minorities.

Sensitivity to diversity is of utmost importance in working with women veterans.

Typical referrals in the Women's Health – Mental Health Clinic are women with chronic and co-morbid mental health conditions resulting from multiple and repeated traumatic exposures that have not

responded to earlier trials of intervention. Often referrals require a multidisciplinary, multi-phasic approach to treatment. The intern will develop an understanding of the impact of military sexual trauma and other traumatic life experiences, including childhood abuse, domestic violence, and combat, on women veterans' psychosocial functioning. The intern will assess and treat a variety of co-morbid psychiatric disorders including PTSD, anxiety disorders (e.g., Panic and Obsessive-Compulsive Disorders), depression, substance abuse, eating disorders, and Borderline Personality Disorder. The intern will be exposed to modalities of treatment including evidence-based treatment for PTSD (e.g., Cognitive Processing Therapy and Prolonged Exposure), Skills Training for Affective and Interpersonal Regulation/Narrative Therapy (STAIR/NT), and will participate in the Clinic's full-model Dialectical Behavior Therapy (DBT) program. As a DBT Team member, interns will provide individual DBT and phone coaching, will co-facilitate the DBT Skills Group and attend weekly DBT peer consultation team meetings. In addition to direct clinical care, the intern will function as part of our interdisciplinary mental health team (comprised of psychology, social work, psychiatry, chaplaincy, and more) and will consult and collaborate with medical providers in the broader Women's Health Clinic, of which the Women's Health – Mental Health Team is a part.

## DIDACTIC TRAINING

The Durham VAMC Psychology Training Program includes weekly didactic seminar series taught by both staff psychologists and visiting faculty. Didactic trainings are designed to foster profession-wide competencies and also account for intern preferences and training goals. Each intern is assigned to one of our six didactic workgroup committees and to provide input regarding special interests of the intern cohort that may be incorporated into the curriculum.

### **Assessment & Intervention Series**

This is a year-long weekly series that covers evidence-based assessment and intervention, with clinical case presentations to foster effective translation of science to practice. Case conceptualization, the importance of ongoing outcome evaluation, and increasingly independent clinical decision-making are emphasized. Trainees and faculty discuss a variety of clinical issues including, but not limited to, assessment and therapeutic procedures, complex cases, and discussion and feedback about using evidence-based psychotherapies with diverse populations, etc. Assessment topics covered include: objective personality, behavioral medicine, forensic, capacity evaluations, brief symptom-focused screening, risk/safety evaluations, neuropsychological, disorder-specific assessments (PTSD, SUD, and MST/MMST). Intervention topics covered include anger management, marital/couples therapy, motivational interviewing, CBT (for chronic pain, insomnia, anxiety, depression), DBT, ACT, mindfulness-based interventions, social skills training, exposure and response prevention, recovery-oriented psychotherapies, positive psychology interventions, end-of-life interventions, palliative psychology psychotherapies, and disease/illness coping interventions. In addition, the series emphasizes training in how to maintain fidelity of practice, while tailoring practices according to individual and cultural identity and physical or cognitive factors.

*“The clinical case series and research seminars provided great opportunities to present on work that was personally and professionally meaningful. I also appreciated the collegiality and support received from such presentations by my intern class and the training program.”*

*~2014-2015 Intern*

### **Diversity Series**

The goal of this series is to foster increased awareness and understanding of one's own individual/cultural identities and biases to improve the ability to work effectively with individuals from a wide array of backgrounds and cultures. The series focuses on recognizing issues of individual and cultural diversity, acknowledging these issues in a professional context, coping with personal biases and stereotypes, and effective practice with culturally diverse populations. Based on theoretical and empirical literature, the series is also taught from an experiential perspective, and interns may be involved in role plays, case discussions, and other activities that promote self-reflection and interactive learning. Topics covered include culturally competent supervision, religion and spirituality, sexuality, gender and gender identity, discrimination and prejudice, power and privilege, micro-aggressions, disability status, military culture, identity across the lifespan.

### ***Ethics Series***

While attention to professional ethics is woven into all aspects of training, this series is dedicated to improving the intern's ability to identify ethical dilemmas, recognize biases, and engage in decision-making practices in accordance with relevant laws and regulations guiding professional practices. Interns will receive training in how to effectively identify and reconcile situations in which conflict may arise between local, state, or federal guidelines. Broad content areas (e.g., APA Code of Conduct, VA rules of behavior) will be covered, and additional topics include record keeping, billing and coding, clinical practice and confidentiality, malpractice and liability insurance, maintaining boundaries, dual relationships, ethical issues in clinical supervision, and expert testimony. These seminars are offered in a variety of formats, including case discussions, multimedia presentations (e.g., videos of court testimony), and debates of ethical issues. Interns are encouraged to present ethical concerns arising in their training experiences.



### ***Professional Development Series***

Internship offers a unique opportunity for trainees to receive targeted and ongoing professional development mentorship. Mentoring in professional and career development is a core component of our program, as noted elsewhere in this brochure. This seminar series compliments other professional development initiatives ongoing in the program, and provides an opportunity for trainees to learn from a rotating group of accomplished professionals in, or affiliated with, our training program. This didactic series prioritizes topics according to temporal relationship to the trainee's stage of development. For example, early in the year, topics will be emphasized that support the intern's goal of obtaining postdoctoral fellowships and early career employment after internship (e.g., strategies for searching for positions, networking, CV preparation, applications, interviewing). Interns will have opportunities to learn from educational material presented, as well as benefit from targeted review of their materials (e.g., applications, CV, etc.) during seminars. As the year progresses, trainee needs shift, and the series will focus on broader professional development goals including, but not limited to, include licensure (state and national, including anticipated changes in EPPP process), board certification, negotiating skills, self-care and preventing burnout over the career, interprofessionalism, and differential career paths.

### **Research/Scholarly Inquiry Series**

Being an active consumer of and/or participant in research is essential to one's ability to function effectively and ethically as a scientist-practitioner, as research informs all aspects of functioning as a professional psychologist. Interns are expected to think critically about relevant literature, and application of empirical knowledge, across training activities. Formal training emphasizes self-direction in seeking guidance in and applying relevant research findings to practice. The seminar series supplements formal training, and includes the following topics: program evaluation, VA and external funding mechanisms, grant preparation, single case design, and professional presentation preparation (e.g., job talk, grand rounds). As previously mentioned, interns also have 4 hours of protected research time, and have access to a research mentor throughout the training year.

### **Supervision and Consultation Series**

Regardless of one's chosen career path, the ability to function as a skillful consultant is critical to professional success. Consultation involves awareness of one's role in the context of the larger interdisciplinary environment, knowledge of the relevant literature, intentional collaboration and interdependent problem-solving, sharing of expertise in solving specific problems in various areas of professional functioning, and effective communication with professionals from various disciplines and backgrounds. Opportunities to develop as an effective consultant are incorporated throughout the training program, and may include representing psychology as a member of an interdisciplinary team, contributing to important treatment planning and care coordination decisions, and program development activities. This didactic series is intended to augment these training opportunities, and topics may include navigating complex team dynamics or systems issues, patient advocacy, and effective conflict negotiation.

### **Grand Rounds and Other Opportunities**

#### **Grand Rounds**

The Department of Psychiatry and Behavioral Sciences at Duke University Medical Center sponsors Grand Rounds on a weekly basis. Guest speakers include both psychologists and psychiatrists, most with national reputations in their area of expertise. There are also other Grand Rounds (e.g., Durham VAHCS/Duke Collaborative Interprofessional Grand Rounds), or rotation-specific opportunities for interprofessional team meetings that include didactic learning opportunities. While interns are not required to attend Grand Rounds, attendance provides exposure to a broad base of knowledge from preeminent scholars. In addition, collaborations between the Durham VAHCS and Duke psychology internship programs permit occasional workshops or specific didactic offerings that involve interns from both programs. Performance Evaluation and Program Feedback

*“One thing I really appreciated about the internship was the thoughtful way that supervisors talked about evidence-based practice-- it was clearly a strong value to work from an evidence base and use EBP's, and at the same time thinking theoretically and contextually (not just "using the cookbook") was encouraged. I learned so much about the mechanisms of change as a result! “*

*~2012-2013 Intern*

***Risk Assessment and Management Workshop***

All trainees are required to participate in a half-day workshop led by Drs. Kelly Caron and Courtney Dutton-Cox on the topics of risk assessment and intervention. This workshop is both didactic and experiential and largely focuses on the topic of suicide risk, but also includes coverage of various sources of risk including homicide and domestic violence.

***Advanced Evidence-Based Psychotherapy Didactics***

All trainees have the option of participating in a three-day Cognitive Processing Therapy (CPT) training led by Drs. Carolina Clancy and Sara Tiegreen and in a four-day Prolonged Exposure Therapy (PE) training, led by Drs. Kate Berlin and Kelly Caron. The trainings typically take place every year in August or September. These are two evidence-based psychotherapies that have been recognized by the VA as "gold standard" treatments for posttraumatic stress disorder. These trainings are part of the larger VHA initiative to disseminate evidence-based psychotherapies. The Durham VAMC has both a national PE dissemination trainer and a consultant, as well as two regional-level CPT dissemination trainers on staff who are responsible for conducting the trainings. After completing these in-person trainings, trainees have the option of receiving a record of completion in at least one of the evidence-based practices and participate in trainings and consultation calls as required. The consultation period may include 6 months of consultation as well as tape review. These workshops and related consultation are optional.

## **FACILITY & TRAINING RESOURCES**

Many resources are available as a part of the training programs. We enjoy a highly committed and accomplished psychology faculty, other program faculty (e.g., psychiatry, nursing), and Mental Health Service Line leaders who are actively involved in our training programs. In addition to the general training venues, trainees are involved throughout the hospital in various programs such as Primary Care, Infectious Disease, Hematology-Oncology, Gerontology, etc. These training opportunities provide a rich environment for interprofessional training, consultation, and leadership. Trainees can expect to have office space assigned during their training tenure. Networked desktop computers, equipped with the current VA-adopted version of MS Office Professional, are provided to support patient care, word processing, and internet access for literature and other search services. Testing materials and reference resources are provided for trainees' use. Our excellent Medical Center Library has a wide array of materials including professional journals and books. In addition, trainees have access to a full range of library resources at the Duke University School of Medicine and a variety of other online library resources.

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## **STIPEND & BENEFITS**

Interns receive a competitive stipend paid in 26 bi-weekly installments. VA internship stipends are locally adjusted to reflect different relative costs in different geographical areas, currently \$27,214 annually. VA interns receive the 10 annual federal holidays, and accrue sick leave (4 hours) and annual leave (4 hours) each 2-week pay period. Trainees may also be granted authorized absence (pre-authorization required) for relevant training and educational activities. VA Interns are also eligible for health and life insurance, and health benefits are available to dependents and married spouses of trainees, including legally married same-sex spouses. Unmarried partners of either sex are not eligible for health benefits, even those in legal civil unions or domestic partnerships. Insurance programs can be selected from a wide array of options. Additional information about VA stipends and benefits is available on the [VA Psychology Training](#) website.

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## **REQUIREMENTS FOR COMPLETION**

Interns are provided with performance criteria for each rotation and an evaluation form that reflects the expectations regarding professional competencies an intern should be attaining. In addition to completion of the 2080-hour training experience, interns must achieve competency ratings equivalent to "Intermediate to Advanced" in all competency areas of the rotations completed, although higher (e.g., "Advanced") level ratings are typical of Durham interns.

In addition to developing professional health service competencies, maintaining good standing within the program also necessitates certain levels of professional behavior. Interns are expected to appear and conduct themselves as professionals. Veterans and staff shall be

treated with dignity and respect. The APA ethical guidelines and HIPAA regulations will be strictly adhered to, especially in matters of confidentiality of information, non-exploitation of patients and avoiding conflicts of interests. Additionally, interns are responsible for conforming to all other Medical Center and Office of Personnel Management regulations concerning conduct and behavior.

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## ADMINISTRATIVE POLICIES & PROCEDURES

Due process and grievance procedures are available upon request from Dr. Jessica Fulton, Director of Psychology Internship Training ([Jessica.Fulton@va.gov](mailto:Jessica.Fulton@va.gov)).

**Self Disclosure:** Consistent with the APA Code of Ethics (2010), see 7.04 below, our Durham VA Medical Center Psychology Training Program does not require interns to disclose personal information in the context of their training, unless the supervisor feels that such personal information is needed in order to evaluate or obtain assistance for a trainee whose personal problems are preventing them from performing professional activities competently or whose problems are posing a threat to the trainee or others.

*7.04 Psychologists do not require students or supervisees to disclose personal information in course- or program-related activities, either orally or in writing, regarding sexual history, history of abuse and neglect, psychological treatment, and relationships with parents, peers, and spouses or significant others except if (1) the program or training facility has clearly identified this requirement in its admissions and program materials or (2) the information is necessary to evaluate or obtain assistance for students whose personal problems could reasonably be judged to be preventing them from performing their training- or professionally related activities in a competent manner or posing a threat to the students or others.*

Our privacy policy is clear: we will collect no personal information about you when you visit our website.

*“I expected internship to be a grinding, stressful year, but it has been the opposite! I have had time and space to grow as a clinician while also nurturing outside interests and relationships. “*

*~2017-2018 Intern*

## TRAINING STAFF

### *Leadership*

**Jessica J. Fulton, PhD, Director of DVAMC Psychology Internship Training**, University of Southern Mississippi, 2012. Dr. Fulton is a staff psychologist in the Community Living Center at the Durham VAMC. She also holds an appointment as Assistant Professor, Department of Psychiatry and Behavioral Sciences, Division of Behavioral Medicine, at Duke University Medical Center and is a Senior Fellow at the Duke Center for the Study of Aging and Human Development. Special Interests include antiracism and racial equity, health services research, patient advocacy, and chronic and life-limiting illness. Email: [Jessica.Fulton@va.gov](mailto:Jessica.Fulton@va.gov)

### *Core Faculty*

**Kate Berlin, PhD, ABPP**, Vanderbilt University, 2008. Dr. Berlin is a DVAHCS staff psychologist within the Trauma Recovery Program and Substance Abuse Outpatient Clinic. Special interests include PTSD/substance abuse comorbidity and learning and practice of Prolonged Exposure Therapy. She is a trainer and consultant for the Prolonged Exposure arm of the VA EBP dissemination program. Email: [Kate.Berlin@va.gov](mailto:Kate.Berlin@va.gov)

**Sara Boeding, PhD**, University of North Carolina at Chapel Hill, 2013. Dr. Boeding is the Assistant Division Chief of Specialty Outpatient Mental Health and a DVAHCS staff Psychologist within the OEF/OIF/OND clinic. Special Interests include evidence based psychotherapies for PTSD, Cognitive Behavioral Couples Therapy, and Dialectical Behavioral Therapy. Email: [Sara.Boeding@va.gov](mailto:Sara.Boeding@va.gov)

**Kelly Caron, PhD**, Florida State University, 2011. Dr. Caron is a staff psychologist in and Clinic Director of the DVAMC Women's Health - Mental Health Clinic and the Chair of the Durham VAHCS Interdisciplinary Transgender Care Team. Special interests include evidence based psychotherapies for PTSD, complex trauma presentations, Dialectical Behavior Therapy, and LGBTQIA-affirming healthcare. She is a trained Prolonged Exposure consultant. Email: [Kelly.Caron@va.gov](mailto:Kelly.Caron@va.gov)

**Carolina P. Clancy, PhD, ABPP**, University of North Carolina at Greensboro, 2003. Dr. Clancy is Training Director of the DVAMC Psychology Fellowship Program and a staff psychologist within the DVAMC Trauma Recovery Program, and serves as the local Evidence Based Psychotherapy Coordinator. She also holds an appointment as Research Associate in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center. Special interests include assessment and treatment of PTSD, and evidence based treatment. Email: [Carolina.Clancy@va.gov](mailto:Carolina.Clancy@va.gov)

**Natasha DePesa, PhD**, University of Central Florida, 2017. Dr. DePesa is a staff psychologist in the DVAHCS Health Psychology Clinic and serves as the local mental health champion within the VA's Epilepsy Center of Excellence. Special interests include health psychology/behavioral medicine, chronic pain and illness, behavioral sleep medicine, program development, and stepped care approaches in mental and behavioral health. Email: [Natasha.DePesa@va.gov](mailto:Natasha.DePesa@va.gov)

**Courtney Dutton, PhD**, University of Arkansas, 2017. Dr. Dutton is a psychologist within the Raleigh II Substance Use Disorder Clinic and Intensive Outpatient Program. Special interests include the assessment and treatment of posttraumatic stress, anxiety disorders, comorbid PTSD/SUD, couple therapy, Dialectical Behavioral Therapy, and program development and evaluation. Email: [Courtney.Dutton-Cox@va.gov](mailto:Courtney.Dutton-Cox@va.gov)

**Sarah A. Filone, PhD**, Drexel University, 2017. Dr. Filone is a staff psychologist within the Raleigh II Community Based Outpatient Clinic (CBOC). Special interests include evidence-based treatment of PTSD, LGBTQIA+ wellness, treatment of trauma-related guilt, and ACT. Email: [Sarah.Filone@va.gov](mailto:Sarah.Filone@va.gov)

**Danielle A. Gagne, PhD**, Saint Louis University, 2016. Dr. Gagne is a staff psychologist within the DVAHCS Health Psychology Clinic. Special interests include health psychology/behavioral medicine, chronic pain, weight management, interdisciplinary teams, and program development. Email: [Danielle.Gagne@va.gov](mailto:Danielle.Gagne@va.gov)

**Jay Gregg, PhD**, West Virginia University, 2014. Dr. Gregg is a staff psychologist in the Durham VAMC Trauma Recovery Program and the OEF/OIF/OND Clinic. He serves as a coordinator for the Geriatric Scholars Program—Psychology Track, a national VA post-licensure training program. Dr. Gregg also holds an appointment of Assistant Professor in the Department of Medicine—Geriatrics Division at Duke University Medical Center. Special interests include assessment and treatment of posttraumatic stress, depression, hopelessness, and suicidality across the life-span, clinical geropsychology, and contextual behavioral science. Email: [Jeffrey.Gregg@va.gov](mailto:Jeffrey.Gregg@va.gov)

**Kristin M. Healey, PhD**, University of North Carolina at Chapel Hill, 2017. Dr. Healey is a staff psychologist in the Durham VAMC Trauma Recovery and OEF/OIF/OND Clinics. Special interests include the assessment and treatment of posttraumatic stress, serious mental illness, LGBTQIA wellness, and Dialectical Behavioral Therapy. Email: [Kristin.Healey@va.gov](mailto:Kristin.Healey@va.gov)

**R. Brandon Irvin, PhD**, University of North Carolina at Chapel Hill, 2012. Dr. Irvin is a staff psychologist for the DVAMC Psychiatric Acute Rehabilitation Center (PARC), and serves as Clinical Director of the Mental Health Access Center. Special interests include psychosocial rehabilitation & recovery, acute mental health, positive psychology, assessment, general mental health, and brief psychotherapy. Email: [Robert.Irvin@va.gov](mailto:Robert.Irvin@va.gov)

**Charles Jardin, PhD, MDiv**, University of Houston, 2018. Dr. Jardin is a staff psychologist in the DVAMC Hillandale 2 Substance Use Disorders Clinic. He completed the PSR Psychology

Fellowship from 2018-2019. He has Provider Status for CPT and Social Skills Training, and will be completing EBP training for MI/MET and CBT-SUD during the 2020-2021 year. His interests include co-occurring disorders; spirituality and mental health; and psychosocial rehabilitation and recovery in the context of SUD treatment. Email: [Charles.Jardin@va.gov](mailto:Charles.Jardin@va.gov)

**Jessica Kinsaul, PhD**, Louisiana State University, 2015. Dr. Kinsaul is a staff psychologist in the Durham VAMC General Mental Health Clinic. Special interests include women's health, eating disorders, military sexual trauma, posttraumatic stress, and Dialectical Behavioral Therapy. Email: [Jessica.Kinsaul@va.gov](mailto:Jessica.Kinsaul@va.gov)

**Saule Kulubekova, PhD, ABPP-CN**, Emory University, 2012. Dr. Kulubekova is a board-certified clinical neuropsychologist and a staff psychologist within the DVAHCS Neuropsychology Clinic. Special interests include memory disorders, geriatric neuropsychology, health psychology, and behavior therapy approaches. Email: [Saule.Kulubekova@va.gov](mailto:Saule.Kulubekova@va.gov)

**Craig D. Libman, PhD**, University of Akron, 2018. Dr. Libman is a staff psychologist for the DVAHCS Community Living Center (CLC) and Home-Based Primary Care (HBPC) programs. Special interests include late-life PTSD and depression, chronic pain treatment, palliative care/end-of-life, cognitive and capacity assessment, and training/supervision in geropsychology and diversity-related issues. Email: [Craig.Libman2@va.gov](mailto:Craig.Libman2@va.gov)

**J. Murray McNiel, PhD**, University of North Carolina at Chapel Hill, 2007. Dr. McNiel is a staff psychologist within the DVAMC Substance Use Disorders (SUD) Clinic. He serves as Smoking Cessation Lead Clinician, Co-Director of the PSR Interprofessional Fellowship, and Consultant for the EBP roll-out of CBT-SUD. Dr. McNiel holds an appointment as Assistant Professor, Addictions Division, Department of Psychiatry and Behavioral Sciences, Duke University School of Medicine. Special interests include substance use disorder treatment and tobacco cessation. Email: [Jesse.McNiel@va.gov](mailto:Jesse.McNiel@va.gov)

**Lotus M. Meshreki, PhD**, University of Rhode Island, 2007. Dr. Meshreki is a staff psychologist within the DVAMC OEF/OIF/OND Clinic. Special interests include evidence-based treatments for PTSD, ACT, and CBT-I. Email: [Lotus.Meshreki@va.gov](mailto:Lotus.Meshreki@va.gov)

**Julia M. Messer, PhD**, West Virginia University, 2008. Dr. Messer is a staff psychologist within the Raleigh II Community Based Outpatient Clinic (CBOC). Special interests include forensic assessment, evidence-based psychological assessment, mindfulness, and anger management. Email: [Julia.Messer@va.gov](mailto:Julia.Messer@va.gov)

**Brad Rappaport, Psy.D.**, Yeshiva University, 2004. Dr. Rappaport is a staff psychologist at the Raleigh II Community-Based Outpatient Clinic. Special interests include mindfulness meditation, Acceptance and Commitment Therapy (ACT), working with PTSD and moral injury, and psychodynamic psychotherapy. Email: [Brad.Rappaport@va.gov](mailto:Brad.Rappaport@va.gov)

**Rachel L. Rodriguez, PhD, MPH, ABPP-Gero**, University of Alabama, 2006. Dr. Rodriguez is a board-certified Clinical Geropsychologist for the DVAMC Home Based Primary Care Program. She is also the co-program manager of the Geriatric Scholars Program-Psychology Expansion, which is a VA funded multi-modal, interactive, and national workforce educational program. Special clinical and research interests include factors contributing to successful aging, coping with chronic illness, dementia, palliative care/end-of-life, public health and aging, and Geropsychology training and supervision. Email: [Rachel.Rodriguez2@va.gov](mailto:Rachel.Rodriguez2@va.gov)

**Rachel Ruffin, PhD**, University of Miami, 2011. Dr. Ruffin is a staff psychologist within the DVAMC Trauma Recovery Program. Special interests include evidence-based treatments for PTSD, comorbid PTSD and chronic illness, and behavioral medicine/chronic pain. Email: [Rachel.Ruffin@va.gov](mailto:Rachel.Ruffin@va.gov)

**Brea Salib, PhD**, University of North Carolina at Chapel Hill, 2008. Dr. Salib is a staff psychologist for the DVAMC Home-Based Primary Care program (Clayton team). Special interests include geropsychology, non-pharmacological approaches to managing challenging dementia-related behaviors (STAR-VA program), cognitive assessment, capacity, and end-of-life issues. Email: [Brea.Salib@va.gov](mailto:Brea.Salib@va.gov)

**Joshua A. Tiegreen, PhD**, University of Tulsa, 2009. Dr. Tiegreen is a staff psychologist within the DVAMC Outpatient Mental Health Clinic. Special interests include psychological assessment, serious mental illness, and psychiatric rehabilitation and recovery. Email: [Joshua.Tiegreen@va.gov](mailto:Joshua.Tiegreen@va.gov)

**Karen Tucker, PhD**, Louisiana State University, 2002. Dr. Tucker is a staff psychologist providing services in the DVAMC OEF/OIF/OND Neuropsychology Clinic, and Neuropsychology Clinic (general). Special interests include cognitive decline associated with traumatic brain injury or degenerative disorders. Email: [Karen.Tucker2@va.gov](mailto:Karen.Tucker2@va.gov)

**Jeffrey D. White, PhD**, University of South Carolina, 2003. Dr. White is a staff psychologist within the DVAMC Outpatient Mental Health Clinic and Raleigh Community Based Outpatient Clinic. Special interests include emotion-focused therapy, group therapy, couples therapy, anger management, professional development/supervision. Email: [Jeffrey.White1@va.gov](mailto:Jeffrey.White1@va.gov)

### **Adjunct Faculty**

**Jean C. Beckham, PhD**, Florida State University, 1988. Dr. Beckham is a VA Senior Research Career Scientist, and also serves as a consulting psychologist to the Trauma Recovery Program. She is Professor of Psychiatry and Behavioral Sciences (Behavioral Medicine), Duke University Medical Center (DUMC), and serves as Chair of the DUMC Division of Behavioral Medicine. Special interests include behavioral assessment and treatment of PTSD, clinical research in PTSD, and behavioral medicine. Email: [Jean.Beckham@va.gov](mailto:Jean.Beckham@va.gov)

**Seamus Bhatt-Mackin, MD, FAPA, CGP**, Northwestern University School of Medicine, 2004. Dr. Bhatt-Mackin is a staff psychiatrist within the OEF/OIF/OND Clinic at DVAMC. He is Associate Program Director for the Duke General Psychiatry Residency Program. Special interests include group work with particular interest in consultation groups and psychotherapy groups, PTSD psychotherapy, and clinical education. Email: [Seamus.Bhatt-Mackin@va.gov](mailto:Seamus.Bhatt-Mackin@va.gov)

**Jason E. Bonner, PhD**, University of Louisville, 2010. Dr. Bonner is a staff psychologist within the DVAMC Primary Care – Mental Health Integration (PC-MHI) program. Special interests include health psychology / behavioral medicine with specific interests in type 2 diabetes regimen adherence, chronic hepatitis C treatment, social-cognitive factors in lifestyle behavior modification, management of co-occurring medical and psychological disorders, and integrated models of healthcare delivery. Email: [Jason.Bonner@va.gov](mailto:Jason.Bonner@va.gov)

**Mira Brancu, PhD**, The Catholic University of America, 2009. Dr. Brancu is Deputy Director of the Mid-Atlantic VA Mental Illness Research, Education and Clinical Center (VISN 6 MIRECC). She also holds an appointment as Assistant Professor of Psychiatry and Behavioral Sciences, Duke University School of Medicine. Special interests include post-deployment mental health, rural mental health, suicide risk assessment, and women Veterans. Email: [Mira.Brancu@va.gov](mailto:Mira.Brancu@va.gov)

**Patrick S. Calhoun, PhD**, Vanderbilt University, 1998. Dr. Calhoun is part of the VISN 6 MIRECC Health Services Research Core. He is an Associate Professor of Psychiatry and Behavioral Sciences (Behavioral Medicine), Duke University Medical Center. Special interests include PTSD and psychological assessment. Email: [Patrick.Calhoun2@va.gov](mailto:Patrick.Calhoun2@va.gov)

**Ashlee Carter, PhD**, University of South Florida, 2010. Dr. Carter is a staff psychologist within the DVAMC Primary Care - Mental Health Integration (PC-MHI) program. Special interests include access and engagement in mental health services in primary care settings, as well as assessment and transdiagnostic interventions for posttraumatic psychopathology and co-occurring substance use disorders. Email: [Ashlee.Carter@va.gov](mailto:Ashlee.Carter@va.gov)

**Cindy D. Greenlee, PhD**, Duke University, 2009. Dr. Greenlee is the VISN 6 Primary Care-Mental Health Integration Co-Lead, the Division Chief of Behavioral Medicine, and the Primary Care-Mental Health Integration Clinic Coordinator. Special interests include health behavior promotion, chronic pain treatment and clinical research, and the management of chronic disease. Email: [Cindy.Greenlee@va.gov](mailto:Cindy.Greenlee@va.gov)

**Michael P. Griffin, PhD, ABPP-Forensic**, University of Alabama, 2007. Dr. Griffin is a staff psychologist conducting comprehensive psychological assessments in Compensation and Pension, General Mental Health, and the Health Psychology Clinic. He also holds an appointment as Clinical Assistant Professor, Department of Psychology and Neuroscience, UNC – Chapel Hill. Special interests include psychological assessment and forensic psychology (Criminal / Civil). Email: [Michael.Griffin5@va.gov](mailto:Michael.Griffin5@va.gov)

**Rachel Hibberd, PhD**, University of Missouri-St. Louis, 2013. Dr. Hibberd is a DVAMC staff psychologist who provides services within the Trauma Recovery Program and SUD clinic, as well as the DBT program. Special interests include contextual behavioral therapies (ACT and DBT), PTSD, treatment of complex trauma sequelae, and moral injury. Email: [Rachel.Hibberd@va.gov](mailto:Rachel.Hibberd@va.gov)

**Melanie K. Leggett, PhD, DBSM**, University of Memphis, 2001. Dr. Leggett is a staff Psychologist and coordinates outpatient behavioral sleep medicine services at DVAHCS. She is a consultant on the VA's national EBP program of CBT for Insomnia. She also holds an appointment as Associate Professor, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center. Special interests include behavioral sleep medicine, adherence to treatment for sleep apnea, and psychiatric factors and treatment adherence in sleep apnea. Email: [Melanie.Leggett@va.gov](mailto:Melanie.Leggett@va.gov)

**Nathan A. Kimbrel, PhD**, University of North Carolina at Greensboro, 2009. Dr. Kimbrel is a staff psychologist at the DVAMC, Co-Director of the Clinical Core within the VISN 6 Mid-Atlantic MIRECC, and an Associate Professor in the Department of Psychiatry and Behavioral Sciences at DUMC. Special interests include the etiology, assessment, and treatment of suicidal and nonsuicidal self-injury, PTSD, depression, and substance use in Veterans, including genetic and epigenetic contributions. Dr. Kimbrel has an active research program and is currently funded by VA CSR&D, VA HSR&D, and VA RR&D. Email: [Nathan.Kimbrel@va.gov](mailto:Nathan.Kimbrel@va.gov)

**Dina Kinner, PhD**, Temple University, 2014. Dr. Kinner is a staff psychologist in the DVAMC Women's Health - Mental Health Clinic. Special interests include anxiety and trauma-related disorders, military sexual trauma, complex PTSD, social anxiety, evidence based treatment, CBT, and DBT. Email: [Dina.Kinner@va.gov](mailto:Dina.Kinner@va.gov)

**Stacey H. Kovac, PhD**, University of Southern Mississippi, 2001. Dr. Kovac is Chief of Psychology. She also holds an appointment as Assistant Professor in the Department of Psychiatry and Behavioral Sciences, Duke University Medical Center. Special interests include psychological assessment and behavioral medicine. Email: [Stacey.Kovac@va.gov](mailto:Stacey.Kovac@va.gov)

**Katherine Ramos, PhD**, University of Houston, 2015. Dr. Ramos is an Assistant Professor with the Department of Psychiatry and Behavioral Sciences at Duke University School of Medicine, a member of the Duke Cancer Institute, and a Senior Fellow with Duke's Center for Aging. She is also an affiliate with the Geriatric, Research, Education and Clinical Center (GRECC) and an investigator with the Center of Innovation to Accelerate Discovery and Practice Change (ADAPT) both based in the Durham VAHCS. Her clinical and research interests are focused in the domains of disseminating as well as implementing mental health service delivery and psychosocial interventions for geriatric, palliative and hospice care populations. Dr. Ramos integrates social justice and multicultural principles to refine and adapt evidence-based treatments while maintaining treatment fidelity to serve the unique needs of the patient population she serves. Email: [Katherine.Ramos@duke.edu](mailto:Katherine.Ramos@duke.edu)

**Sara B. Tiegreen, PhD**, University of Tulsa, 2009. Dr. Tiegreen is the Assistant Outpatient Division Chief of General Mental Health (including general mental health sections in both Durham and Raleigh locations). She also serves as the Psychotherapy Academic Detailing Program Coordinator with the National EBP Program/Office of Mental Health and Suicide Prevention through the VISN 6 MIRECC. Her clinical time is devoted to the Raleigh II Community Based Outpatient Clinic (CBOC). Special interests include implementation science and translating evidence-based treatments to traditional clinic settings to best fit all patient and clinician styles. Dr. Tiegreen enjoys clinical work with trauma outcomes, including PTSD and emotion dysregulation sequelae, and serves as a trainer/consultant for Cognitive Processing Therapy (CPT). Email: [Sara.Tiegreen@va.gov](mailto:Sara.Tiegreen@va.gov)

**Christi S. Ulmer, PhD, DBSM**, University of Louisville, 2006. Dr. Ulmer is a clinical research psychologist in the DVAHCS Health Services Research and Development program. She provides behavioral sleep medicine services, and is a CBT for Insomnia consultant for the VA's EBP dissemination program. She holds an appointment as Assistant Professor of Psychiatry and Behavioral Sciences, DUMC. Special interests include sleep disturbance in Veterans with PTSD, sleep and health, increasing patient access to behavioral sleep medicine and increasing our understanding of the health correlates of Sleep Disorders. Email: [Christi.Ulmer@va.gov](mailto:Christi.Ulmer@va.gov)



2019 – 2020 Intern Class Pictured Left to Right: Stephanie Salcedo Rossitch, Kristin Silver, Alex McConnell, Frances Aunon, Carolyn Brennan, Keisha Carden, Jennifer Yi, and Robert Graziano.

## GRADUATES: FIRST POSITIONS POST-INTERNSHIP

### *Class of 2020*

Postdoctoral Fellow, MIRECC, VA Connecticut Healthcare System and Yale University

Postdoctoral Fellow, Generalist Psychology Fellowship with Female Veteran's Emphasis Area, Atlanta VAMC

Postdoctoral Fellow, Geropsychology, Durham VAMC

Postdoctoral Fellow, Psychosocial Rehabilitation, Durham VAMC

Postdoctoral Fellow, Trauma Recovery, Durham VAMC

Postdoctoral Fellow, Trauma Recovery, Durham VAMC

Postdoctoral Fellow, PCMHI, Durham VAMC

Postdoctoral Fellow, Trauma Recovery, Durham VAMC

*"This is the best internship in the country. The staff is brilliant and the culture is warm/supportive. The top notch training and care for trainees is unmatched."*

*~2019-2020 Intern*

***Class of 2019***

Postdoctoral Fellow, PTSD Fellowship, VA Puget Sound Healthcare System (Seattle)  
Postdoctoral Fellow, Joint Fellowship at VA Palo Alto War Related Illness and Injury Center (WRIIC) and Stanford University Department of Psychiatry and Behavioral Sciences  
Postdoctoral Fellow, Forensic Psychology, Private Practice  
Postdoctoral Fellow, Duke University, Division of Translational Neuroscience  
Postdoctoral Fellow, Psychosocial Rehabilitation, Durham VAMC  
Postdoctoral Fellow, Trauma Recovery, Durham VAMC  
Research Psychologist, VISN 6 MIRECC, Durham VAMC  
Postdoctoral Fellow, Psychosocial Rehabilitation, Durham VAMC

***Class of 2018***

Postdoctoral Fellow, Department of Psychology, Temple University  
Postdoctoral Fellow, VA Mid-Atlantic Mental Illness Research, Education and Clinical Center, Durham VAMC/Duke University  
Postdoctoral Fellow, Traumatic Stress Center, Summa Health  
Postdoctoral Fellow, Psychosocial Rehabilitation, Durham VAMC  
Postdoctoral Fellow, Center for Integrated Healthcare, Western NYHCS at Buffalo  
Postdoctoral Fellow, Department of Psychiatry, University of Michigan – Ann Arbor  
Postdoctoral Fellow, Psychosocial Rehabilitation, Durham VAMC  
Postdoctoral Fellow, Trauma Recovery, Durham VAMC

***Class of 2017***

Postdoctoral Fellow, Interprofessional Care Program, Brown University/Providence VAMC  
Postdoctoral Fellow, Returning Veterans Clinic, Brown University/Providence VAMC  
Postdoctoral Fellow, LGBT Mental Health, VA San Diego Healthcare System/UCSD  
Postdoctoral Fellow, Health Services Research & Development, Yale University/West Haven VA  
Postdoctoral Fellow, Clinical Health Psychology, West Haven VA  
Postdoctoral Fellow, Severe Mental Illness and Substance Use Disorders, Salisbury VAMC  
Postdoctoral Fellow, Department of Psychology and Neuroscience, Duke University  
Staff Psychologist, Outpatient Mental Health, VA Nebraska-Western Iowa Healthcare System

***Class of 2016***

Postdoctoral Fellow, Substance Abuse, VA San Diego/University of California-San Diego  
Postdoctoral Fellow, Health Psychology, Henry Ford Health System  
Postdoctoral Fellow, Trauma Recovery, Durham VAMC  
Postdoctoral Fellow, Psychosocial Rehabilitation, Durham VAMC  
Postdoctoral Fellow, Behavioral Medicine, Duke University Medical Center  
Postdoctoral Fellow, Trauma and PTSD, Edward Hines, Jr. VA Hospital  
Postdoctoral Fellow, Clinical Psychology, Ann Arbor VA/University of Michigan  
Postdoctoral Fellow, Trauma Recovery, Durham VAMC

***Class of 2015***

Postdoctoral Fellow, Trauma Recovery, Durham VAMC  
Postdoctoral Fellow, Psychosocial Rehabilitation, Durham VAMC  
Postdoctoral Fellow, GRECC Advanced Geriatric Research, Durham VAMC  
Postdoctoral Fellow, VA Boston Healthcare System  
Postdoctoral Fellow, PTSD research, Duke University  
Postdoctoral Fellow, Integrative Medicine, Duke University  
Postdoctoral Fellow, Brown University/Providence VAMC  
Postdoctoral Fellow, PCMHI, VA Salt Lake City HCS

***Class of 2014***

Postdoctoral Fellow, Trauma Recovery, Durham VAMC  
Postdoctoral Fellow, Trauma Recovery, Durham VAMC  
Postdoctoral Fellow, Trauma Recovery, Durham VAMC  
Postdoctoral Fellow, MIRT/MIRECC (research), Durham VAMC  
Postdoctoral Fellow, VA Boston Healthcare System  
Postdoctoral Fellow, Suicide risk (research), Catholic University  
Postdoctoral Fellow, PTSD research, Duke University  
Postdoctoral Fellow, Psychosocial Rehabilitation, VA San Diego Healthcare System

***Class of 2013***

Postdoctoral Fellow, Trauma Recovery, Durham VAMC  
Postdoctoral Fellow, Trauma Recovery, Durham VAMC  
Postdoctoral Fellow, Trauma Recovery, Durham VAMC  
Postdoctoral Fellow, MIRT/MIRECC (research), Durham VAMC  
Postdoctoral Fellow, Neuropsychology, Salisbury VAMC  
Postdoctoral Fellow, Serious Mental Illness, Stanford University

***Class of 2012***

Postdoctoral Fellow, PTSD, Durham VAMC  
Postdoctoral Fellow, MIRT/MIRECC (research), Durham VAMC  
Postdoctoral Fellow, Wake Forest University School of Medicine  
Postdoctoral Fellow, Substance Use, Tucson VAMC  
Postdoctoral Fellow, Clinical Psychology, Brown University  
Postdoctoral Fellow, Oliver-Pyatt Center, Eating Disorders Treatment Center

***Class of 2011***

Postdoctoral Fellow, PTSD, Durham VAMC  
Postdoctoral Fellow, PTSD, Salem VAMC  
Postdoctoral Fellow, CBT, Cognitive Behavioral Institute of Albuquerque  
Postdoctoral Fellow, CBT, Beck Institute of Cognitive Behavior Therapy  
Assistant Professor, Psychology, Elon University

***Class of 2010***

Postdoctoral Fellow, PTSD, Durham VAMC  
Postdoctoral Fellow, PSR, Palo alto VAMC  
Postdoctoral Fellow, Duke University Medical Center  
Postdoctoral Fellow, MIRECC, Durham VAMC  
Postdoctoral Fellow, Private Practice  
Psychologist, Psychiatric Hospital, North Dakota

***Class of 2009***

Postdoctoral Fellow, PTSD, Durham VAMC  
Postdoctoral Fellow, PTSD, Durham VAMC  
Postdoctoral Fellow, MIRECC, Durham VAMC  
Research Associate, MIRECC, Durham VAMC

***Class of 2008***

Postdoctoral Fellow, PTSD, Durham VAMC  
Postdoctoral Fellow, PTSD, Durham VAMC  
Postdoctoral Fellow, Palliative Care, VA Palo Alto Health Care System  
Global Project Director, Quintiles Transnational Corporation



*2019-2020 Interns Alex McConnell, Robert Graziano, Jennifer Yi, Stephanie Salcedo Rossitch, and Carolyn Brennan getting some much needed love from the Mental and Behavioral Health Service Line therapy dog, Riley, during fellowship application and interview season.*

## LOCAL INFORMATION

**Location:** The Durham VA Medical Center is located in the heart of the Bull City (Durham, NC) and sits adjacent to the Duke University Medical Center and Duke University campuses.

Durham is a richly diverse city, home to a greater makeup of ethnic minority groups than any of the five largest cities in North Carolina. Durham is also home to a large and thriving [LGBTQ](#) community, and was named the [Most Tolerant City in the US](#) in 2012 by The Daily Beast. The Triangle region, comprised of Durham, Raleigh, and Chapel Hill, is situated halfway between the Blue Ridge Mountains and the beautiful beaches of North Carolina's Outer Banks. Travel to the region is facilitated by a number of major highways, bus and rail lines ([Durham Station](#)), and international airports ([RDU](#), [CLT](#), [PTI](#)) allowing for easy access to and from other metropolitan areas or international destinations. Cultural, historical, educational, and natural amenities abound, and Durham has gained notoriety as a one of the best places to live, work, and play. Durham offers the sophistication of an urban setting, while retaining it's small town charm and history. It is full of [funky cafés, rich music history, and local artisans and restaurateurs](#).

*"Durham (and the Triangle more broadly) is a fantastic place to live! It has something for everyone. You won't want to leave."*

*~ 2017-2018 Intern*

**Why you'll love Durham:** The secret is out! The Triangle Region of NC was ranked #1 by Forbes.com as the Best Place for Business and Careers ([2014](#)) and maintained a top 2 ranking for [2015](#). The Raleigh/Durham metro area,

*"Durham is a great city to live in - all the benefits of a large city (good restaurants, accessible shopping, lots of entertainment options) without the hassles (e.g., excessive traffic)!"*

*~ 2013-2014 Intern*

which includes the famed [Research Triangle Park](#), is a booming area for young professionals. The area is anchored by three major research universities (Duke University, University of North Carolina – Chapel Hill, North Carolina State University) and has scored [numerous top rankings](#) from national media outlet annual reviews. The region



is also home to a multitude of performing arts venues, including [Carolina Performing Arts](#), the [Duke Energy Center for the Performing Arts](#), [Walnut Creek Amphitheatre](#), the historic [Carolina Theatre of Durham](#), and the award-winning Durham Performing Arts Center ([DPAC](#)), which offer a diverse and exciting lineup of events. Despite the vast growth and national praise in recent years, the Triangle has maintained an affordable cost of living, and rivals larger metropolises with its rich heritage, cultural diversity, and urban setting. Durham was ranked the [Most Tolerant City in the US](#) by The Daily Beast/Newsweek, and the Raleigh-Durham

region was ranked 4<sup>th</sup> in [Best Places to Live](#) by US News and World Report, 1<sup>st</sup> in [Best Cities for Jobs](#) by Money Magazine, and made the top 15 in [Best Places to Live and Launch](#) by CNN Money.



Durham has also received national praise for its [local food scene](#), and was featured in the New York Time's (NYT) [36 Hours Series](#). Durham has been coined [The South's Tastiest Town](#) by Southern Living Magazine, and is home to a long and growing list of local restaurants, cafes, bakeries, and farmer's markets. The NYT has also featured neighboring Chapel Hill, NC and Carrboro, NC in its 36 Hours series ([here](#)), highlighting the expanse of the rich local food culture scene. Best of all, with Durham's affordable cost of living ([calculator](#)), residents can readily enjoy the local offerings.

In addition to the urban scene, the Triangle offers a rich variety of options for [outdoor activities](#) and is home to many state and regional parks (e.g., [Eno River State Park](#), [Mountains to Sea Trail](#), [Umstead State Park](#)). For the adventurous and competitive spirit, the region offers rich running ([run](#)), cycling ([ride](#)), triathlon ([Tri](#)) communities, and golfing ([golf](#)), with something for everyone ([NC Sports](#))! The most enthusiastic spectator will also be right at home, with access to professional ([NFL](#), [NHL](#), [NBA](#)), minor league baseball ([Durham Bulls](#), [DBAP](#)), and nationally renowned men's and women's champion collegiate teams ([Duke](#), [UNC-CH](#), [NC SU](#)).

For family adventures, you could try out something different every weekend of the year; however, it's likely you'll fall in love with a some places that become staples on the calendar. The Triangle area offers museums ([Marbles Kids Museum in Raleigh](#), [Museum of Life and Science in Durham](#), [North Carolina Museum of Natural Sciences](#)), unique classes and camps ([Notasium](#), [Ninth Street Dance](#), [NC Kids Yoga](#), [Camp High Hopes in Durham](#)), as well as festivals, parades, and parks ([Fuquay-Varina Splash Park](#), [Pullen Park in Raleigh](#)) that are fun for all ages. [North Carolina Zoo in Asheboro](#), [Hanging Rock State Park in Danbury](#), or [Carowinds](#) in Charlotte make great day trips! For younger children, the Triangle offers a variety of [child care facilities](#) with varying curricula and philosophies (e.g., montessori, faith-based).



**Where to Live:** With the college town atmosphere of Chapel Hill, the friendly Durham neighborhoods, and the metropolitan feel of Raleigh, a wide variety of affordable housing options are readily available. Past trainees have chosen homes in cozy older neighborhoods, modern lofts in refurbished warehouses, and contemporary complexes and developments. Durham, Chapel Hill, and Raleigh are all within easy access to the Medical Center, and each city

has its own unique personality and resources to consider. Rental prices generally range from \$800-\$1200 per month. Most will require a 6-12 month lease agreement, and for many the monthly cost will include access to on-site fitness facilities, swimming pool, recreational facilities (e.g., tennis court), gated entry, and parking. Here are a few sites you may find helpful when reviewing local rental options: [The Chronicle](#), [Durham Rent](#), [Rentals](#). If you prefer home ownership, you will find that the [cost of real estate](#) in the area is relatively affordable when compared to most locations across the country. There are many local real estate companies (e.g., Urban Durham Realty, Fonville Morisey, 501 Realty, My Dog Tess), and ample housing options within a short distance of the Medical Center that are accessible by car or public transportation. There are a number of well-established neighborhoods nearby, and you can search by "[specific subdivision](#)."

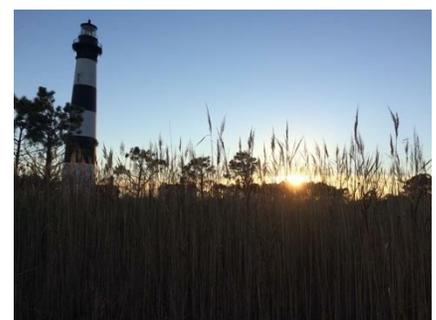
- **South/Southeast:** Woodcroft, Woodlake, Hope Valley Farms, Eagles Pointe, Chancellor's Ridge, Auburn Ridge, Audubon Park, Chadsford, Grandale Rd/Herndon Rd, Brier Creek
- **West:** American Village, Grove Park, Trinity Park
- **North:** Croasdaile Farms, Fieldstone by the Eno, Treyburn, Hillsborough, NC

Area of City	Major Roads	Time to VA
Southwest	Garrett Rd ● Hope Valley ● University Dr ● Hwy 15-501 ● NC-147 (Durham Freeway)	~5-10 mins
North/Northern	Club Blvd ● Hillandale Rd ● Guess Rd ● Cole Mill Rd	~5-10 mins
Southeast	I-40 ● NC-54 ● NC-55	~20 mins
Downtown	NC-147 (Durham Freeway)	~5 mins
VA/Duke Area	Morreene Rd ● Erwin Rd	~5-10 mins
<a href="#">Map of Durham</a>		

## EXPLORING DURHAM / THE AREA

**Museums:** [Museum of Life and Science](#) ● [Marbles Kids Museum](#) ● [NC Museum of History](#) ● [NC Museum of Art](#) ● [NC Museum of Natural Sciences](#) ● [Nasher Museum of Art](#)

**Performance Venues:** [Durham Performing Arts Center \(DPAC\)](#) ● [Progress Energy Center](#) ● [Memorial Auditorium \(Chapel Hill\)](#) ● [PNC Arena](#) ● [Walnut Creek Amphitheatre](#) ● [Koka Booth Amphitheatre](#) ● [The Carolina Theatre](#)



**Music, Festivals, & Parades:** [MoogFest](#) ● [Full Frame Documentary Festival](#) ● [American Dance Festival](#) ● [NC Gay & Lesbian Film Festival](#) ● [NC Pride Festival](#) ● [Art of Cool Festival](#) ● [Carolina Music Festivals](#)

**Amusement Parks:** [Frankie's Fun Park](#) ● [Carowinds](#) ● [Great Wolf Lodge](#) ● [NC State Fair](#)



**Spectator Sports:** [Carolina Panthers \(NFL\)](#) ● [Carolina Hurricanes \(NHL\)](#) ● [Charlotte Hornets \(NBA\)](#) ● [Durham Bulls \(Minor League Baseball\)](#) ● [Duke University Athletics](#) ● [UNC Chapel Hill Athletics](#) ● [NC State University Athletics](#) ● [NC Sports](#)

**Walking / Running:** [American Tobacco Trail](#) ● [Al Beuhler Trail](#) ● [Duke Forest](#) ● [Chapel Hill Greenways](#) ● [Carolina North Forest](#)

**Trails / Hiking / Mountain Biking:** [Eno River State Park](#) ● [Mountains to Sea Trail](#) ● [Umstead State Park](#) ● [Little River Regional Park](#) ● [West Point on the Eno](#) ● [Other Trails & Areas](#) ● [Other Bike Trials & Rentals](#) ● [Wright Brothers National Memorial](#)

**Road Cycling:** [Durham Cycling Club](#) ● [Durham Cycling Trails](#) ● [Bike Duke](#) ● [Bike Durham](#) ● [Local Cycling Groups](#)

**Triathlon:** [Local Triathlon Clubs](#) ● [Events, Clubs, Coaches](#)

**Water Activities:** [Haw River](#) ● [Falls Lake](#) ● [NC State Parks](#) ● [Umstead](#) ● [Eno River](#) ● [Local Water Activities](#) ● [Jordan Lake](#)

**Golfing:** [The Washington Duke](#) ● [Hillandale Golf](#) ● [Croasdaile Country Club](#) ● [Pinehurst](#) ● [Other Golfing Resources](#)



**Beaches/Coast:** [Outer Banks](#) ● [Nags Head](#) ● [Ocracoke](#) ● [Cape Hatteras](#) ● [Emerald Isle](#) ● [Duck](#) ● [Kill Devil Hills](#) ● [Kitty Hawk](#) ● [Atlantic Beach](#) ● [Wrightsville Beach](#)



**Gardens & Natural Areas:** [Duke Gardens](#) ● [NC Botanical Garden](#) ● [JC Raulston Arboretum](#) ● [Raleigh Gardens & Arboretums](#)

**Shopping:** [Brightleaf Square](#) ● [Durham Central Park](#) ● [The Streets at Soutpoint](#) ● [Crabtree Valley Mall](#) ● [Cameron Village](#) ● [North Hills](#) ● [Triangle Town Center](#) ● [Tanger Outlet Mall](#) ● [Smithfield Outlet Mall](#)