



## MICHIGAN MEDICINE AND VA ANN ARBOR HEALTHCARE SYSTEM POSTDOCTORAL CONSORTIUM IN ADULT CLINICAL PSYCHOLOGY

**2018  
POSTDOCTORAL RESIDENCY BROCHURE**  
Application Deadline: December 15, 2017

Four positions anticipated beginning in September 2018

- 1 Adult Position (Michigan Medicine)
- 2 Adult Position (VA Ann Arbor Healthcare System)
- 1 Adult Women's Position (VA Ann Arbor Healthcare System)



**ACCREDITED BY THE COMMISSION ON ACCREDITATION  
AMERICAN PSYCHOLOGICAL ASSOCIATION**

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### **MICHMED/VAAAHS Consortium Overview**

Michigan Medicine (MICHMED) and the VA Ann Arbor Healthcare System (VAAAHS) have joined programmatic forces to create a Training Network in Professional Psychology, consisting of two consortial programs and one non-consortial program. The two consortial programs are [Clinical Neuropsychology](#) and [Clinical Psychology](#), and the nonconsortial program is in [Clinical Child Psychology](#). All three programs are accredited by the American Psychological Association (next site visit 2020). The overall Training Network is led by the Network Training Committee Chair, J. Todd Arnedt, Ph.D.

MICHMED and VAAAHS provide a rich interdisciplinary training environment with seminars, invited lectures, and opportunities for collaboration with faculty across disciplines and departments. The training philosophy of the programs in the training network is a scientist-practitioner model. The institutional philosophy and values of all of the programs are focused on normative healthcare ethical values of beneficence, non-maleficence, and social contract in a context of public service. The central goal and mission of the training network is to contribute to the development of competent clinical psychologists. To serve this overall goal, the training network welcomes applications from individuals who have graduated from accredited clinical/counseling psychology programs. The program selects candidates whose academic and clinical preparation, supervisor recommendations, and perceived synergy with our programs are ideally suited. Thus, we hope to identify postdoctoral residents who demonstrate a readiness to learn. To that end, the training network provides the breadth and depth of experiences in assessment, treatment, consultation, and scholarly support of practice and research.

Residents in the Clinical Psychology Consortium complete training after one year; residents at the MICHMED site of the Consortium have the option (and are encouraged) to extend their training into a second year, to enhance their research and advanced clinical training portfolio. Questions about the accreditation and the accreditation process can be addressed to:

Office of Program Consultation and Accreditation American Psychological Association  
750 First Street N.E., Washington DC, 20002  
Phone: 202-336-5979

### **Clinical Adult Psychology**

The Clinical Psychology focus provides specialty training in the acquisition and application of evidence-based practice in clinical adult psychology. Clinical training occurs in interprofessional settings with a specialized research emphasis for each resident. In keeping with the goals of the broader training program, the Clinical Psychology focus develops professionals with the specialty training necessary to accurately assess, diagnose, and provide treatment to individuals with a variety of psychiatric challenges throughout their lifespan. Residents select a preferred primary site (MICHMED or VAAAHS) when applying to the program, although clinical and research experiences can be obtained at either site. Our program prepares residents to direct clinical programs, educate professional psychologists, and perform programmatic research. Clinical research opportunities are available in the following areas: mood and anxiety disorders; women's mental health; sleep disorders and health psychology; PTSD; substance use disorders; psychotic disorders; and mental health recovery.

For the 2017-2018 class, the MICHMED/VAAAHS Clinical Psychology Consortium will be recruiting 4 residents for the following positions (more than one position can be ranked per applicant):

- **MICHMED-Adult** (1 position available)
- **VAAAHS-Adult** (2 positions available)
- **VAAAHS-Adult Women's** (1 position available)

## Clinical Psychology Sections



### **Michigan Medicine (MICHMED) Clinical Adult Section**

The MICHMED Clinical Adult Section provides outpatient assessment, consultation, and treatment services across the range of adult psychiatric disorders.

#### ***MICHMED Facilities***

**MICHMED** consists of hospitals, health centers, and clinics owned and operated by the University. At its core is the UM Medical Center, a large, attractive interconnected complex of contemporary buildings, located virtually in the center of Ann Arbor, a focal point of the

city and the University campus. Major facilities consist of the University Hospital (UH), the Cancer and Geriatric Centers, and the Maternal and Child Health Center (MCHC), which is comprised of Mott Children's Hospital, Von Voigtlander Women's Hospital, and the Holden Neonatal Unit. The UM Hospitals have a total bed capacity of 809. The UM Medical Center provides more ambulatory patient care visits than any other academic medical center in the country, approximating 1.6 million annually. The East Ann Arbor Medical Campus, Kellogg Eye Center, Turner Geriatric Center, and the Ann Arbor Veterans Affairs Hospital and Health System are in close proximity. Adding to the University's research capabilities in 2009, UM acquired the North Campus Research Complex—formerly the Pfizer property—which is close to the East Ann Arbor Medical Campus, and encompasses four parcels of land and 30 buildings. The acquisition added nearly two million square feet of sophisticated laboratory facilities and administrative space, along with furnishings.

Postdoctoral activities for Adult Clinical Psychology residents take place primarily in the Department of Psychiatry's Depression and Ambulatory Care Center within the Rachel Upjohn Building, a state-of-the-art facility located on the East Ann Arbor Medical Campus that was completed in 2006. This building includes over 39,000 net square feet (over 54,000 BGSF), and provides key new laboratories for current PHS-funded investigators, clinical investigation facilities and offices, educational facilities, and treatment clinics.



### **VAAAHS Clinical Adult Section**

The VAAAHS Clinical Adult Section has a long history of evaluating and treating Veterans in acute and long-term care inpatient, outpatient, and rehabilitation settings.

#### ***VAAAHS Facilities***

The Ann Arbor VA Medical Center is located adjacent to the University of Michigan campus and medical center. Our medical center is a 105-bed general medical-surgical hospital, which includes an inpatient psychiatric unit, outpatient mental health clinics, substance abuse disorders treatment and

extensive medical and other psychiatric outpatient and recovery services. The Community Living Center (CLC), specializing in short-term geriatric work, is attached to the Medical Center. Community Based Outpatient Clinics (CBOCs) provide outpatient mental health services to Veterans in the VAAAHS catchment area but residing nearer to Jackson, Michigan; Flint, Michigan; and Toledo, Ohio. Mental Health facilities have been fully updated in the past few years. Offices for residents have modern support facilities, with full computer access to the University of Michigan information systems and library, as well as VAAAHS information systems.

## **Education**

In addition to core curriculum, residents in the MICHMED/VAAAHS Clinical Psychology Consortium have several unique learning opportunities, ranging from targeted coursework to visiting lectures. Educational opportunities include both mandatory training requirements designed to ensure smooth and consistent progress throughout the training program, and optional training opportunities that can be pursued to enrich the training experience to the extent that there is available time.

### ***Required:***

- Weekly Professional Development Seminar
- Weekly Grand Rounds
- Monthly Postdoctoral Forum
- Monthly Bioethics Conference (Mandatory Twice Per Year)

### **Optional as time permits:**

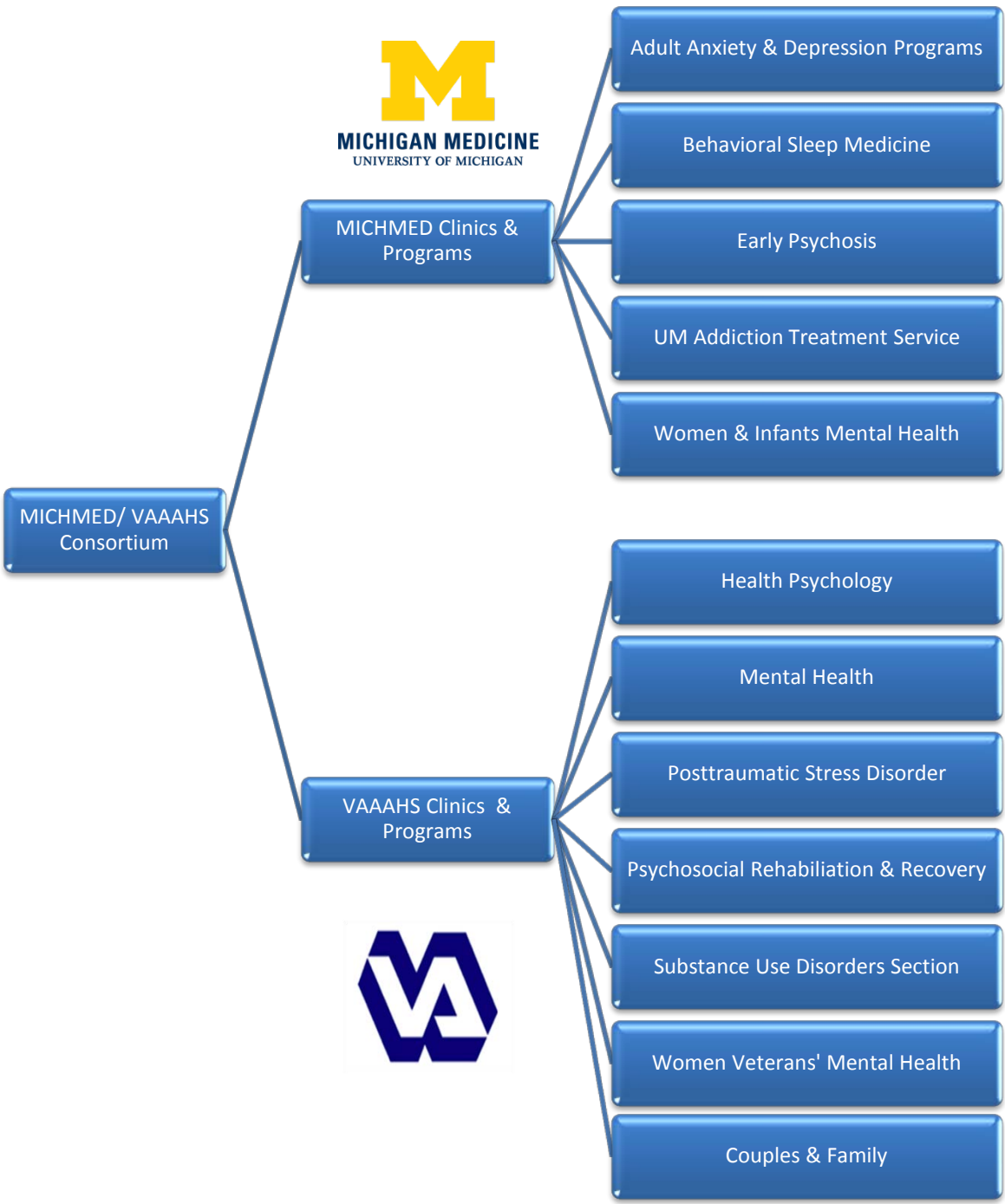
- Section meetings
- Invited Lecturers throughout the MICHDMED and VAAAHS

## **Teaching/Supervision Experiences**

Residents are provided with the opportunity to perform clinical supervision of predoctoral practicum students and interns. Additional supervision of undergraduate students who work with faculty and residents on a wide variety of research projects is also available. In addition, residents may also provide assistance in teaching seminars with faculty members. Residents also take part in an annual half-day supervision skills workshop.

## **Clinical Psychology: Clinical Experiences**

Adult residents develop individualized training plans comprised of experiences selected by the resident in conjunction with their primary faculty advisor. Clinical experiences typically account for 50% of the resident's experience and may be a combination of experiences at either the MICHMED or VAAAHS site from those described below. The following figure provides an overview of the clinical experiences at the two sites:



## **Michigan Medicine**

### **Adult Anxiety and Depression Programs**

The adult anxiety and depression programs provide individual and group CBT for patients with anxiety, depression, and comorbid disorders. Psychiatry residents receive training in CBT for anxiety disorders and depression, and psychology postdoctoral fellows, social work fellows, and practicum students may obtain supervised experience treating these disorders.

### **Behavioral Sleep Medicine (BSM) Clinic**

The BSM Clinic conducts initial consultations and follow-up visits (individual and group therapy modalities) for adults 18 years of age and older with sleep disorders amenable to evidence-based sleep treatments (e.g., CBT for insomnia). The primary referrals to the BSM clinic are for insomnia, hypnotic discontinuation, circadian rhythm sleep-wake disorders, and adherence to medical regimens (e.g., Continuous Positive Airway Pressure, CPAP). Many initial consultations are conducted in a multidisciplinary context, where clinical psychologists work side-by-side with sleep medicine physicians. Residents are additionally encouraged to rotate through other UMHS sleep-related clinics, including the General Sleep Disorders, Pediatric Sleep Clinic, and Alternatives to CPAP Clinic, where they gain exposure to various medical specialties involved in the care of patients with sleep disorders. (e.g., Neurology, Pulmonology, Pediatrics, Otolaryngology, Oral and Maxillofacial Surgery).

### **Early Psychosis (PREP) Clinic**

The PREP Clinic conducts initial consultations and early interventions for adolescents and young adults 14 years of age and older presenting with early psychosis or symptoms suggestive of increased risk for developing a psychotic disorder (attenuated psychosis syndrome or “prodromal” psychosis). We are the only early psychosis clinic in southeast Michigan. Our treatment focuses on evidence-based psychosocial interventions, including individual CBT for psychosis (CBTp), family psychoeducation, case management, and group therapy. Medication treatments are also available when appropriate. We are a multidisciplinary team consisting of clinicians and researchers from multiple disciplines, including clinical psychologists, psychiatrists, and social workers. Residents have the opportunities to learn and provide specialized assessments and individual, family, and group interventions for this young population. Residents are also encouraged to participate in local educational outreach activities to help promote early detection and intervention on campus and in the community.

### **University of Michigan Addiction Treatment Service (UMATS)**

The University of Michigan Addiction Treatment Service is an outpatient substance use disorder treatment center located in the Department of Psychiatry, Rachel Upjohn Building. In addition to psychiatric services (medication management, outpatient detoxification, and opioid substitution treatment), psychotherapy services include intensive outpatient programming, aftercare groups, dual diagnosis groups, family/couple’s therapy, individual therapy, treatment for healthcare professionals, and a blended motivational interviewing/psychoeducational group. Residents will work collaboratively in our interdisciplinary team of psychiatrists, social workers, psychologists, and certified addiction nurses to treat patients with substance use or dual diagnoses. Residents will conduct individual and group therapies and have the opportunity to receive specialized training in Motivational Interviewing and Behavioral Couple’s Therapy, in addition to cognitive behavioral approaches.

### **Women and Infants Mental Health Clinic**

The WIMHC is an outpatient clinic in the Department of Psychiatry in the University of Michigan Health System. Our clinic is staffed by a multidisciplinary team of psychiatrists, nurse-practitioners, psychologists, and social workers. Trainees on the team include psychology practicum students, psychiatry residents, and social work interns and fellows. As a tertiary care clinic, we specialize in assessment and treatment of mental health conditions in women, primarily during pregnancy, postpartum,

and other times of hormonal change (e.g., perimenopause). We also offer dyadic-based psychotherapy services for mothers and their infants and young children. As one of very few clinics in Michigan that specialize in perinatal mental health, we serve a diverse population, often with medical and psychiatric comorbidities. As part of this rotation, postdoctoral fellows complete a mentorship in Interpersonal Psychotherapy.

## **VA Ann Arbor Healthcare System**

### **Health Psychology**

The health psychology offerings emphasize functional assessments and brief interventions for patients presenting in ambulatory care settings. Exposure to Interprofessional practice and the “medical home” model are important elements in learning. The resident can gain experience with chronic pain management, MOVE! Weight Management and other patient education programs, and tobacco cessation services with some additional options. Working with the Pain Clinic and Primary Care (and Brent Coy, Ph.D.), the resident can learn to provide comprehensive, bio-psychosocial assessments and provide integrated CBT-based chronic pain management services. Residents can be integral part of the MOVE! Weight Management, Diabetes Education, or Cardiac/Pulmonary Rehabilitation, facilitating behavior change enhancement and stress management classes in these programs. Using Motivational Interviewing and ACT principles, the resident may collaborate with Pharmacy and Nursing to offer tobacco cessation services as well. Integrated care opportunities are also available with Oncology, Women’s Health and the Sleep Clinics. The resident may also conduct organ transplant and/or bariatric surgery mental health evaluations. Therefore, assessment and consultation skills, and both individual and group intervention modalities are available experiences. We aim to provide the resident with experience in working as part of medical teams in different parts of the hospital setting, consult with referring providers, and practice serving as a representative of the field of psychology in the broader healthcare setting.

### **Mental Health Clinic (MHC)**

Training opportunities in the Mental Health Clinic include thorough and careful diagnostic assessment and psychotherapy training with a wide variety of outpatient clients. Residents may learn risk assessment and crisis intervention strategies, interviewing and assessment skills, and other screening techniques. Individual therapy cases and group therapy experiences (e.g., depression and anxiety) are available. The clinic offers opportunities to work closely with a variety of mental health professionals. Treatment approaches include empirically supported strategies, such as CBT, DBT, Motivational Interviewing, and Solution-Focused/Strategic Therapies. There are opportunities for residents to work with individuals from diverse backgrounds who present with a wide range of psychopathology. There is flexibility to accommodate individual resident interests in terms of caseload, development and implementation of treatment groups, and program assessment and evaluation activities.

### **Posttraumatic Stress Disorder Clinical Team (PCT)**

The PCT functions as an outpatient specialty clinic within the medical center. This multi-disciplinary team provides comprehensive assessment, treatment, and research-based protocols to patients with PTSD. The resident may attend teaching rounds, perform assessments, and follow cases within this specialty clinic. Residents will have opportunities for training and practice in specialized PTSD evaluation and empirically supported treatments, including Prolonged Exposure and Cognitive Processing Therapy. In addition to weekly individual supervision, residents participate in weekly PCT staff meetings. This includes clinical case presentations, evaluation presentations, and didactic presentations on topics related to PTSD.

### **Psychosocial Rehabilitation & Recovery (PSR&R)**

The Psychosocial Rehabilitation and Recovery (PSR&R) emphasis offers treatment opportunities across multiple specialty clinics (e.g., Psychosocial Rehabilitation & Recovery Center; Mental Health Intensive



Case Management, Acute Inpatient Mental Health, Compensated Work Therapy, etc.) spanning the full continuum of care. The focus of PSR&R is weighted towards improving Veterans' functioning, and role functioning. This means we work to help individuals develop and pursue their personal living, learning, and socialization goals in an effort to help them move forward in their mental health recovery. PSR&R offers multiple opportunities in initial and diagnostic assessments; recovery action planning; group-based EBPs (e.g., Cognitive Behavioral Social Skills Training, Illness Management & Recovery, Dual Diagnosis, , Cognitive Enhancement Therapy, Wellness Recovery Action Planning, etc.); individual therapy (e.g., CBT for Psychosis and Solution-Focused approaches); community-based work helping Veterans apply the skills they've learned or developed in groups; program development and evaluation; and working with peer-based services. Additional PSR&R opportunities are also available in the areas of home visits (MHICM), outreach, and working with community partners.

### **Substance Use Disorders Section (SUDC & SUD IOP)**

The SUD experiences include opportunities for training in assessment and diagnosis, treatment planning, participating in multidisciplinary treatment, and training in empirically supported intervention approaches for individuals with substance use disorders with and without comorbidities. Psychological treatment approaches across levels of care include Cognitive Behavioral Therapy (CBT), Motivational Interviewing/Enhancement Therapy, Behavioral Couples Therapy, Harm Reduction, Mindfulness Based Relapse Prevention, and Contingency Management. The clinic provides core therapy groups using CBT, as well as a number of specialty interventions, (e.g., emotion regulation, IMR, behavioral pain management, insomnia treatment). There are opportunities for residents to work with individuals presenting with a wide range of psychopathology from diverse backgrounds in both inpatient and outpatient settings. There is also flexibility to accommodate individual resident interests in terms of caseload, development/implementation of treatment groups, program assessment/evaluation, and research activities.

### **Telemental Health Services**

The VA is dedicated to improving access to care for Veterans using telehealth and telemedicine. Telemental health (TMH) is rapidly becoming the wave of the future, with ample opportunity for research and program development. Residents interested in telemental health services will have the opportunity to conduct evidence-based evaluations and interventions for a wide variety of mental health disorders using clinical video technology (CVT) to the community-based outpatient clinics (CBOCS), community partners, and to Veterans' homes. Specific evidence-based modalities available include cognitive behavioral therapy (CBT) for depression and anxiety, CBT-Insomnia, CBT-Chronic Pain, Acceptance and Commitment Therapy (ACT), and Behavioral Couples Therapy (BCT). Common presenting concerns include depressive disorders, bipolar disorders, and anxiety disorders. However, the TMH team gets all types of referrals and will work with residents to assign cases that fit interests or learning needs. In supervision, special attention will be paid to development and maintenance of therapeutic rapport, as well as risk assessment and safety procedures using this modality. Residents will gain experience developing and navigating relationships with administrative and clinical staff at multiple locations. They will also attend weekly telemental health team meetings, which includes case consultation as well as administrative topics that are important in promoting and disseminating the telemental health service.

### **Women Veterans' Mental Health**

This experience involves evidence-based care in the outpatient mental health clinics (MHC, SUDC, and PCT) and/or health clinics. The Women's VAAAHS Resident may elect to focus in a single clinic or can collaborate with supervisors to incorporate clinical care opportunities from multiple clinics and sites. The focus on women's mental or behavioral health training may involve participation in both individual and group therapy offerings specifically for women Veterans and training in common intersections between military culture, gender issues, and other aspects of diversity. Options include trauma-focused treatments for PTSD (CPT, PE), DBT, Interpersonal Violence, Wellness Group for Women, Military Sexual Trauma

evaluation and interventions for women, and brief interventions within the Substance Use Disorders Clinics. Residents with interest in providing trauma-focused therapy with Women Veterans diagnosed with PTSD are required to attend the PE and CPT trainings at the beginning of the resident year. Residents may be integrated into the Women's Health Clinic (4 hours per week) to provide consultation/liaison and/or brief interventions to women presenting for specialty medical assessments or care. There are several current research options available throughout the service. Residents are afforded many opportunities to be integrally involved in administrative activities (i.e., membership in the Women Veterans' Mental Health Working Group, projects associated with mental health service aspects of the AAVHA Women Veterans' Programming Committee).

### **Couples & Family Intervention**

Residents may have the opportunity to see couples utilizing the Behavioral Couples Therapy Model (BCT), Behavioral Family Therapy for SMI, and the Integrative Behavioral Couples Therapy model (IBCT). Cases may be referred for numerous presenting problems (marital distress, substance use, SPMI, etc.). Residents may also provide evidence-based CBT for partner abuse. Opportunities for providing parenting skills training for Veterans and family education are also available. Opportunities for administrative activities are available as well through involvement in the family services work group.

### **Additional Opportunities**

#### **Compensation & Pension**

Residents have the opportunity to interview, observe, and assess Veterans seeking financial compensation for a broad range of psychological disorders. The central responsibilities of the experience involve psychological and neuropsychological assessment of Veterans across the adult lifespan. These evaluations involve conducting and integrative review of the Veteran's Claims File (service medical records, etc.), computerized records, interview, and administration of psychometric measures. Residents are introduced to the idea of rendering a "medical opinion" in the context of a medico-legal evaluation.

#### **Psychological Assessment**

Residents may practice and learn our battery of neuropsychological tests at the start of the year in addition to reviewing standard objective and personality test procedures. Psychological testing experience includes not only interpretation of tests, but also organization and integration of interview and historical data.

#### **Clinical Adult Psychology: Research Experiences**

We believe that progress in understanding human behavior can come from testing hypotheses generated from clinical observations. Research involvement is a necessary component of the modern clinical psychologist and therefore is a significant emphasis of the Clinical Adult Psychology training program. Residents typically select a research component to their training plan ranging from 10-40% of their training time at the VAAHS. Here, residents are encouraged to work with a faculty member's current research or produce a small original study that complements the interest of a faculty psychologist who could serve as a mentor for the project. MICHMED residents are matched with an academic/research mentor and spend at least 40% of their time in research activities, with an emphasis on development and execution of original scientific work as well as manuscript/grant writing.

Consortium training faculty are involved in many kinds of clinical research efforts, including VAAHS and NIH funded projects (often in conjunction with other University of Michigan faculty). These activities provide students with knowledge of psychology's interface with related health disciplines. Faculty is involved with projects in a variety of departments, such as Surgery, Psychiatry, Neurology, Internal Medicine, Neuroscience, the VAAHS Serious Mental Illness Treatment Research and Evaluation Center (SMITREC), the University of Michigan Addiction Research Center (UMARC), and

the Mental Health Research Institute. All residents have access to the wealth of research-related resources at the University of Michigan, such as the Center for Statistical Research and Consultation (CSCAR) and Michigan Institute for Clinical and Health Research (MICHR). Training faculty is also involved as members of NIH or VAAHS Research Committees and can introduce the resident to the elements of good peer research review. In a similar fashion, a number of faculty are active on editorial boards as editors, board members, or regular reviewers of research manuscripts and can mentor residents on how constructive peer reviews can improve the quality and utility of research.

### **Current Residents**

- Lauren Davis, Ph.D. (VAAHS-Adult): University of Iowa; Missouri Health Sciences Psychology Consortium –Truman Track (Internship)
- Jesica Kalmbach, Ph.D. (VAAHS-Adult): Kent State University; VA Ann Arbor Healthcare System (Internship)
- Katey Smagur, Ph.D. (VAAHS-Women’s Health): Michigan State University; Hampton VA (internship)
- Greta Raglan, Ph.D. (MICHMED-Adult): American University; The Catholic University of America Counseling Center (Internship)

## TRAINING STAFF BIOGRAPHIES



### **J. Todd Arnedt, Ph.D., CBSM**

Network Director, UMHS/VAAAHS Postdoctoral Programs in Psychology  
UMHS Coordinator, Clinical Adult Psychology Training Consortium  
Director, Sleep and Circadian Research Laboratory  
Director, Behavioral Sleep Medicine Program  
[tarnedt@med.umich.edu](mailto:tarnedt@med.umich.edu)

Dr. Arnedt, Ph.D., CBSM is an Associate Professor in the University of Michigan Departments of Psychiatry and Neurology and Director of the Sleep and Circadian Research Laboratory in the Department of Psychiatry. Dr. Arnedt obtained his Ph.D. in clinical psychology from Queen's University in Kingston, Ontario, Canada and completed his clinical internship and a two-year postdoctoral fellowship in Behavioral Medicine at the Brown University School of Medicine. Dr. Arnedt is certified in Behavioral Sleep Medicine and directs the Behavioral Sleep Medicine Program, which is one of only a handful of nationally accredited programs that has a primary mission of training the next generation of sleep psychologists. He serves as a primary clinical supervisor in the Behavioral Sleep Medicine clinic. Dr. Arnedt's primary research interests include sleep and circadian rhythm disturbances in psychiatric disorders; psychological treatments for sleep disorders; and novel technologies to assess and treat sleep disorders. His research has received support through NIAAA, NIMH, and NIMHD. Dr. Arnedt is Associate Editor for the journals Behavioral Sleep Medicine and BMC Psychiatry and is on the Editorial Board for the journal Sleep.

### **Amy Bixler, Psy.D.**

Chief, Toledo Mental Health Clinic  
[amy.bixler2@va.gov](mailto:amy.bixler2@va.gov)

Dr. Bixler is the Chief of Clinical Services of the VA Mental Health Clinic at the Toledo Community Based Outpatient Clinic. She holds an academic Clinical Instructor appointment with the Department of Psychiatry, University of Michigan Medical School. Dr. Bixler completed her Psy.D. at the University of Indianapolis. Her clinical interests include trauma-based treatment, dialectical behavioral therapy implementations, anger management, and personality disorders.



### **Lindsey Bloor, Ph.D., ABPP**

Health Behavior Coordinator  
[lindsey.bloor2@va.gov](mailto:lindsey.bloor2@va.gov)

Dr. Bloor is a Clinical Psychologist in the Health Psychology program at the Ann Arbor VA and Clinical Assistant Professor of the Department of Psychiatry at the University of Michigan. She is a graduate of the University of Utah and is an ABPP Diplomate. Her clinical interests include Veterans' behavioral health, primary care mental health integration, and women Veterans' behavioral health. She serves as a primary supervisor for Interns electing the Health Rotation. Her research interests primarily concentrate in the areas of social support and mental and physical health; mediators and moderators of the social support-health association; gender and cultural distinctions with social support and health; and coping with chronic conditions.

**Erin E. Bonar, Ph.D.**

Assistant Professor, Department of Psychiatry, Substance Abuse Program/  
Addiction Research Center  
[erinbona@med.umich.edu](mailto:erinbona@med.umich.edu)



Dr. Bonar is an Assistant Professor in the University of Michigan Department of Psychiatry. She obtained her Ph.D. in clinical psychology from Bowling Green State University after completing clinical internship at the VAAAHS. Dr. Bonar then completed a two-year post-doctoral fellowship at the University of Michigan Addiction Research Center. Her clinical interests include motivational interviewing and cognitive behavioral treatments for substance use disorders and co-morbid mental health conditions. Dr. Bonar is a member of the Motivational Interviewing Network of Trainers. She is the primary supervisor for the clinical rotation in the UMHS Addiction Treatment Service. Her research interests include: applications of mobile and digital media technologies to assessment and intervention for substance use and related risk behaviors, brief interventions using motivational interviewing principles, and prevention of substance use problems and related outcomes (e.g., injury, violence, HIV) in adolescents and emerging adults. Her research has received support from NIDA, NIAAA, and the Fordham University Research Ethics Training Institute. Dr. Bonar is also an Editorial Fellow (2015-2016) for the Journal of Substance Abuse Treatment.



**Nicholas W. Bowersox, Ph.D., ABPP**  
[Nicholas.Bowersox@va.gov](mailto:Nicholas.Bowersox@va.gov)

Dr. Bowersox is a Staff Psychologist in our Psychosocial Rehabilitation and Recovery Center (PRRC), an Evaluation Specialist at the Serious Mental Illness Treatment Resource and Evaluation Center (SMITREC) and the National Quality Enhancement Research Initiative (QUERI), and a member of the University of Michigan Medical School's Department of Psychiatry. He received his doctoral degree in Clinical Psychology from Marquette University and completed our VA Advanced Fellowship in Health Services Research Program. Dr. Bowersox' clinical and research interests include evaluating treatment disparities for patients with serious mental illness (SMI), evaluating systems-wide treatment patterns for patients with SMI with the goal of identifying factors associated with improved functioning and reduced disability, investigating reasons for loss-to-care and treatment resumption for patients with SMI, and investigating the intersection of recovery and integrated care for patients with SMI within the VA medical system.

**Chelsea Cawood, Ph.D.**

Mental Health Clinic Supervisor  
[Chelsea.Cawood@va.gov](mailto:Chelsea.Cawood@va.gov)



Dr. Cawood is a Clinical Psychologist in the outpatient Mental Health Clinic. Dr. Cawood specializes in dialectical behavior therapy for borderline personality disorder, and evidence based treatments for mood and anxiety disorders. Her research interests include novel adaptations of DBT, non-suicidal self-injury, personality disorders, and effectiveness/ program evaluation of evidence-based treatments in clinical settings. Dr. Cawood earned her Ph.D. from Eastern Michigan University. Dr. Cawood has presented on Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, and Dialectical Behavior Therapy.



**Heather M. Cochran, Ph.D.**  
 PTSD-SUD Specialist  
 Local Evidence Based Psychotherapy Coordinator  
[Heather.cochran@va.gov](mailto:Heather.cochran@va.gov)

Dr. Cochran is a Staff Psychologist in the PTSD and SUDC clinics at the Ann Arbor VA, and a Clinical Instructor with the Department of Psychiatry, University of Michigan Medical School. She completed her Ph.D. in clinical psychology at Central Michigan University, and her internship at the University of Oklahoma Health Sciences Center. Her clinical interests include evidence based PTSD treatment and integrating trauma-focused treatment with interventions for concurrent conditions, particularly substance use disorders (SUD) and borderline personality disorder. Dr. Cochran serves as a VA Consultant in Prolonged Exposure (PE) Therapy for the national dissemination of PE, and locally she provides supervision to psychology trainees utilizing PE or Cognitive Processing Therapy (CPT). She is involved in program development for veterans with PTSD and SUD diagnoses as well as the provision of concurrent PE and Dialectical Behavior Therapy (DBT). Additionally, she serves as the Local Evidence Based Psychotherapy Coordinator for the Ann Arbor VA HCS, and is actively involved in program evaluation of the implementation, sustained delivery, and fidelity of evidence based psychotherapy practices. Her research interests primarily concentrate in issues of implementation, attrition, and outcomes of evidence based psychotherapies.

**Amy Collings, Ph.D.**  
 Health Behavior Psychologist, Flint CBOC  
[amy.collings@va.gov](mailto:amy.collings@va.gov)



Dr. Collings is the Health Behavior Psychologist at the Community-Based Outpatient Clinic (CBOC) in Flint and a Lecturer with the University of Michigan-Flint campus. She completed her Ph.D. at Eastern Michigan University and her health psychology focused postdoctoral fellowship at Genesys Regional Medical Center through the Consortium for Advanced Psychology Training, Michigan State University College of Human Medicine. Her clinical interests include integrated primary care, weight management, tobacco cessation, behavioral pain management, and the implementation of empirically supported treatment. Research interests surround integrated primary care and eating behavior.



**Deirdre A. Conroy, Ph.D., D, ABSM, CBSM, ABPP**  
 Clinical Director, Behavioral Sleep Medicine Program  
[daconroy@umich.edu](mailto:daconroy@umich.edu)

Dr. Conroy is a Clinical Associate Professor in the University of Michigan Department Of Psychiatry. She is board certified in Sleep Disorders Medicine by the American Board of Sleep Medicine, in Behavioral Sleep Medicine by the American Academy of Sleep Medicine, and in cognitive behavioral therapy by the American Board of Professional Psychology. Dr. Conroy obtained her Ph.D. in psychology from The City University of New York, New York, NY. She completed her two-year postdoctoral fellowship at the University of Michigan Addiction Treatment Center. Her primary research interests include the relationship between sleep and psychiatric disorders, such as depression and substance use disorders. Her research has received support through Michigan Institute for Clinical and Health Research as well as the Flinn and Berman Foundations. Dr. Conroy serves as one of the clinical supervisors in the Behavioral Sleep Medicine clinical rotation.

**Brent Coy, Ph.D.**

PACT Pain Psychologist

[william.coy@va.gov](mailto:william.coy@va.gov)



Dr. Coy is a Clinical Psychologist in the Health Psychology program and an Instructor with the UM Medical School's Department of Psychiatry. He earned his Ph.D. in Clinical Psychology from Bowling Green State University. Dr. Coy specializes in health psychology, pain management, interventions for wellness, managing chronic disease, and CBT for anxiety disorders. His research interests include the role of anxiety in rehabilitation outcome and factors influencing healthy behavior change. He serves as an Intern Supervisor for the Health Psychology/Pain Management minor rotations.



**Cathy Donnell, Ph.D.**

Primary Care Mental Health Supervisor

[cathy.donnell@va.gov](mailto:cathy.donnell@va.gov)

Dr. Donnell is an attending Staff Psychologist for the Primary Care Mental Health Clinic. She holds a Clinical Assistant Professorship at the UM Psychiatry Department and an Adjunct Faculty position with Eastern Michigan University. Dr. Donnell is also associated with private practice work entailing bariatric surgery evaluations and psychotherapy for adults with affective disorders and women with reproductive health issues. She completed her Ph.D. at George Washington University and Postdoctoral Fellowship at the University of Michigan's Physical Medicine and Rehabilitation Program. Dr. Donnell's clinical interests include the application and efficacy of Acceptance and Commitment Therapy (ACT) with different clinical populations, application of evidence based psychotherapies to primary care populations, problem solving therapy/training, and health psychology. Her research foci include Primary Care Mental Health interventions and use of evidence based therapies, coping with chronic illness, palliative care and family grief responses among Veterans, application of ACT, health psychology and women's mental and physical health (specifically related to Ob/Gyn), and examination of psychological constructs in the prediction of pain and function among chronic pain populations (e.g., pelvic pain, fibromyalgia, back pain).

**Elizabeth Duval, Ph.D.**

Assistant Professor

[eduval@med.umich.edu](mailto:eduval@med.umich.edu)



Dr. Duval is an Assistant Professor in the Department of Psychiatry at the University of Michigan. She obtained her Ph.D. in Clinical Psychology at the University of Missouri- Kansas City, completed her clinical internship at the VA Ann Arbor Healthcare System, and conducted postdoctoral work in the University of Michigan - VA Ann Arbor Training Network. Dr. Duval's primary research interests include identifying neural mechanisms underlying cognitive and emotional processes in anxiety and stress disorders, in an effort to develop more targeted, easily disseminated, and cost-effective treatments. She has been involved in multiple projects using fMRI and physiological measures to investigate differences in brain function associated with emotion regulation, threat reactivity, attentional control, and memory in healthy adults, social anxiety, and PTSD. She has active funding from the National Institute of Mental Health (NIMH) and the Michigan Institute for Clinical and Health Research (MICHR). Dr. Duval is a member of the Society for Psychophysiological Research and the Anxiety and Depression Association of America. She co-facilitates the CBT for Anxiety Mentorship for psychiatry

trainees, supervises trainees delivering CBT in the outpatient anxiety clinic, and provides individual CBT for adults with anxiety and related disorders.



**Todd K. Favorite, Ph.D.**

PTSD Psychologist

[tfavor@umich.edu](mailto:tfavor@umich.edu)

Dr. Favorite is an attending clinical psychologist on the PTSD Clinical Team at the Ann Arbor VA. He earned his Ph.D. in Clinical Psychology at Fielding Graduate University. He has been the director of the University of Michigan Psychological Clinic since 2010. He holds a clinical faculty position in the University of Michigan Department of Psychiatry. His clinical and research areas are in the area of the co-occurring symptoms of PTSD, chronic depression, and insomnia. From a psychological training perspective, Dr. Favorite has a background in psychodynamic as well as cognitive-behavioral methods and views the psychotherapy integration as an important evolution in the practice of psychosocial treatments. He is internationally certified as an advanced trainer for the Cognitive Behavioral Analysis System for Psychotherapy (CBASP) and has conducted research and published on the use of this integrative system of treatment for co-existing psychological symptoms.

**Benjamin Hampstead, Ph.D., ABPP**

Applied Clinical Research Supervisor

[bhampste@med.umich.edu](mailto:bhampste@med.umich.edu)

Dr. Hampstead is a board-certified Clinical Neuropsychologist who earned his PhD in Clinical Psychology (Neuropsychology emphasis) from Drexel University. He is an Associate Professor in Psychiatry and Staff Neuropsychologist in the VA Ann Arbor Healthcare System. Dr. Hampstead's research focuses on non-pharmacologic approaches to maximize cognitive functioning in older adults. Specifically, he uses techniques like cognitive rehabilitation and non-invasive electrical brain stimulation to enhance learning and memory, typically within the context of a randomized controlled trial format. Dr. Hampstead integrates these techniques with functional and structural neuroimaging in order to predict treatment response, identify the neuroplastic changes following treatment, and plan/develop new interventions. Funding for this work has or currently does come from the Department of Veterans Affairs, National Institute on Aging, and the Michigan Alzheimer's Disease Center. Dr. Hampstead also has an active line of research evaluating the use of brain stimulation as a novel treatment for our Veterans with posttraumatic stress disorder thanks to funding from the National Institute of Mental Health.



**Mark Ilgen, Ph.D.**

[Mark.Ilgen@va.gov](mailto:Mark.Ilgen@va.gov)

Dr. Ilgen is a Clinical Psychologist at the Ann Arbor VA. He also holds the positions of Associate Professor at the University of Michigan Department of Psychiatry and Research Investigator with the VA Center for Clinical Management Research. He obtained his Ph.D. at the University of Colorado. Dr. Ilgen's primary interests include treatment evaluation research on methods for improving the treatment of alcohol or drug use disorders,



examining of the association between alcohol or drug use and risk for suicide, intervention development and evaluation for treating chronic pain in individuals with alcohol or drug use disorders, and health services research on program policies linked to varying rates of suicide.

**Elizabeth A. Imbesi, Ph.D.**

Psychologist, Toledo Community-Based Outpatient Clinic

[Elizabeth.Imbesi@va.gov](mailto:Elizabeth.Imbesi@va.gov)



Dr. Imbesi is the attending Psychologist in the Primary Care Mental Health Clinic at the Toledo Community Based Outpatient Clinic. She received her Ph.D. from the University at Buffalo. She completed her internship at the VA Western New York Healthcare System, and received specialized training in Health Psychology/Primary Care Psychology during her fellowship at the Consortium for Advanced Psychology Training, Michigan State University College of Human Medicine. Her clinical and research interests include diabetes management, chronic pain, psycho-oncology, multiculturalism, technology, and ethics.



**Kirstin Lauritsen, Ph.D.**

Substance Use Disorders Clinic

[Kirstin.Lauritsen@va.gov](mailto:Kirstin.Lauritsen@va.gov)

Dr. Lauritsen is a Staff Psychologist in the outpatient Substance Use Disorders Clinic. She earned her Ph.D. from Bowling Green State University and completed her pre-doctoral internship at the VA Ann Arbor Healthcare System. Dr. Lauritsen is interested in research regarding use of marijuana, synthetic cannabinoids, and synthetic cathinones. She has also conducted research evaluating substance use treatment providers' attitudes and beliefs about harm reduction interventions. Her clinical interests include motivational interviewing and cognitive behavioral therapies for substance use disorders. Recently, she has begun examining how female veterans presenting for treatment of substance use disorders differ from their male counterparts.

**Carol Lindsay-Westphal, Ph.D.**

Primary Care Mental Health



Dr. Lindsay-Westphal is a Staff Psychologist at AAVHA and a Clinical Instructor with the University of Michigan Medical School. She earned her degree in Clinical Psychology from Northwestern University, where she completed the health psychology training track. Her primary interest is facilitating lifestyle change for enhanced health. During her career she has worked in tobacco cessation, the VA's MOVE Program for weight management, psychology training, and the outpatient Mental Health Clinic. She holds VA certification in Acceptance and Commitment Therapy for Depression, and Prolonged Exposure Therapy for PTSD. As the Bariatric Psychologist, she completes pre-surgical psychosocial evaluations for weight loss surgery candidates, and assists with their pre- and post-surgical adaptation. Dr. Lindsay-Westphal also enjoys trainee supervision and contributing to the multidisciplinary Bariatric Surgery Team.



**Rebecca Lusk, Psy.D., ABPP**

Assistant Chief, Mental Health Clinic (MHC)

[rebecca.lusk@va.gov](mailto:rebecca.lusk@va.gov)

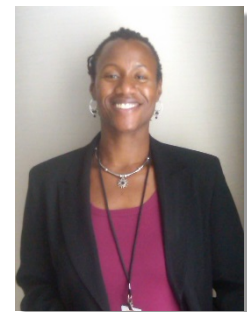
Dr. Lusk is the Assistant Chief of the VA Mental Health Clinic. She holds an academic Clinical Instructor appointment with the Department of Psychiatry, University of Michigan Medical School. Dr. Lusk completed her Psy.D. at the University of Indianapolis and her postdoctoral fellowship with the Consortium for Advanced Psychology Training, Michigan State University College of Human Medicine. She is an ABPP Diplomate. Her clinical interests include cognitive behavioral applications and treatment outcomes, health and behavior change,

borderline personality disorder, and the implementation of empirically supported treatment. She is involved in research activities concentrating on pre-treatment intervention in preparation for psychotherapy and program evaluation outcomes.

**Saudia Major, Ph.D.**

Home Based Primary Care (HBPC)

[Saudia.Major@va.gov](mailto:Saudia.Major@va.gov)



Saudia Major, PhD, is a Clinical Psychologist at the VA Hospital in Ann Arbor, MI. She works in the Home Based Primary Care program, serving geriatric Veterans who suffer from chronic, medical ailments and subsequent depression and anxiety. Dr. Major also provides behavioral health services to seniors in skilled nursing facilities throughout SE Michigan. Dr. Major earned her doctorate in Clinical-Community Psychology from the University of South Carolina. She completed her internship and residency at Florida State Hospital, a forensic psychiatric hospital in Chattahoochee, FL. She has volunteered for the NMSS since 2004, and was a member of the NMSS North Florida Chapter Clinical Advisory Committee during her residence in FL. Clinical interests include suicide prevention, dementia, & caregiver stress. Dr. Major has been involved in research exploring the benefits of exercise on disease management, specifically mental illness and Multiple Sclerosis. Prior areas of research have included attachment theory, relationship satisfaction, and cardiovascular reactivity.



**David Morris, Ph.D.**

Substance Use Disorders Clinic (SUDC)

[David.Morris@va.gov](mailto:David.Morris@va.gov)

Dr. Morris is a Clinical Psychologist in the outpatient Substance Use Disorder Clinic (SUDC). He earned his Ph.D. from the University of Missouri and completed postdoctoral training at the University of Michigan/VAAHS consortium where he specialized in the treatment of SUD with particular emphasis on dual diagnoses. His clinical interests include utilization of measurement-based care to enhance treatment outcomes and evidence-based

treatments for SUD and commonly co-occurring disorders. His research primarily focuses on better understanding how the co-occurrence of SUD with other psychiatric conditions (e.g., TBI, chronic pain, insomnia) relates to substance-related consequences, particularly interpersonal violence, and treatment engagement. Dr. Morris also is actively involved in a variety of research projects across the mental health service.

**Clayton “Beau” Nelson, Ph.D.**

Local Recovery Coordinator  
Postdoctoral Fellowship VA Adult Track Lead  
[Clayton.Nelson2@va.gov](mailto:Clayton.Nelson2@va.gov)



Dr. Nelson is a Clinical Psychologist and the Local Recovery Coordinator for the VA Ann Arbor Healthcare System, and holds an Assistant Professorship with the University of Michigan Medical School. He serves as the VA lead for the UM/VA Adult Track of the Postdoctoral Consortium. Dr. Nelson completed his doctoral degree at the University of Missouri-Kansas City and attended an Interprofessional Postdoctoral Fellowship in Psychosocial Rehabilitation and Recovery at the San Diego VA. His clinical interests include psychosocial rehabilitation, cognitive-behavioral therapy, motivational interviewing, and mental health recovery for individuals diagnosed with serious mental illness, particularly psychotic-based disorders. His research concentrates on psychophysiological indices of attentional and affective processes, motivational factors promoting mental health recovery, and computer-based interventions.



**Katherine Porter, Ph.D.**  
Director, Practicum Training Program  
[Katherine.Porter2@va.gov](mailto:Katherine.Porter2@va.gov)

Dr. Porter is a Clinical and Research Psychologist at AAVHS and Clinical Assistant Professor with the University of Michigan Medical School. She earned her doctoral degree at Eastern Michigan University. She currently serves as PI for multisite treatment outcome study and provides oversight of the VAAAHS practica training experiences. Dr. Porter’s clinical and research foci include treatment outcomes with Veterans experiencing PTSD; improving access to care and retention in empirically supported PTSD interventions; the intersections of trauma and somatic/pain complaints; trauma and aging; outcomes for Veterans with co-occurring legal problems; suicide and high risk behaviors; psychometric qualities of assessment instruments; and differential diagnoses specific to anxiety. She is actively involved in several research activities with the PTSD Research Team. In addition, Dr. Porter has an interest in applied biomedical ethics and is currently co-chair for ethics consultation within VAAAHS.

**Steven Putnam, Ph.D.**

[steve.putnam@va.gov](mailto:steve.putnam@va.gov)

Dr. Putnam is the lead psychologist in the Compensation & Pension department at the VAAAHS, an integral member of several assessment rotations, and provides advanced assessment didactics on the MMPI-2/RF. A Fellow in the National Academy of Neuropsychology, he earned his Ph.D. in psychology from the University of Illinois at Urbana-Champaign and completed a postdoctoral fellowship in Clinical Neuropsychology at the University of Michigan. He holds a faculty appointment at Wayne State University. His research interests have centered around neuropsychological and personality assessment, validity/effort testing, professional practices of neuropsychologists, and the evaluation of rehabilitation treatment efficacy following TBI.





**Michael Ransom, Ph.D.**  
[Michael.Ransom@va.gov](mailto:Michael.Ransom@va.gov)

Dr. Ransom is a Clinical Neuropsychologist and works in the Compensation & Pension department in Ambulatory Care at the Ann Arbor VA. He received his Ph.D. from the University of North Dakota and completed his postdoctoral training in Clinical and Research Neuropsychology at the University of Michigan. His primary clinical interests include the neuropsychology of mood disorders, dementia, traumatic brain injury, and sports concussion. His research activities have focused on cognitive functioning (particularly executive functioning) in individuals with mood disorders, with a focus on depression.

**Jessica Schubert, Ph.D.**  
Mental Health Clinic (MHC)

Dr. Schubert is a Staff Psychologist in the outpatient Mental Health Clinic. She earned her Ph.D. from Binghamton University (SUNY) with focus in EBPs for anxiety disorders. She completed her pre-doctoral internship at the Durham Veterans Affairs Medical Center and her postdoctoral fellowship at the University of Michigan Department of Psychiatry. Her fellowship emphasized both research and clinical practice with a dual concentration in Behavioral Sleep Medicine and Anxiety Disorders. Dr. Schubert's clinical and research interests include improving the quality, efficiency, and dissemination of EBPs for anxiety disorders and understanding the impact of sleep disturbance on mental health as it relates to treatment outcomes.



**Minden B. Sexton, Ph.D.**  
Women Veterans' Mental Health Coordinator  
[minden.sexton@va.gov](mailto:minden.sexton@va.gov)

Dr. Sexton is the Women Veterans' Mental Health Coordinator, a Staff Psychologist in the PTSD Clinic, and a Clinical Assistant Professor with the University of Michigan Medical School. She obtained her Ph.D. in at Eastern Michigan University and postdoctoral training at the UM Medical School. Her primary clinical work entails evaluation and therapy services related to trauma (PTSD and other clinical presentations associated with interpersonal violence and military/non-military sexual trauma). She supervises the Women Veterans' Mental Health and Applied Research rotations, facilitates trainee engagement in women's mental health administration, and provides training in the assessment and treatment of disordered sleep. She is the PI on a study examining Veterans' engagement, retention, and clinical outcomes following military sexual trauma (MST) and Co-PI on the Mental Health Services' study on mental and medical outcomes and service use utilizing psychosocial, clinical, laboratory, and other clinical indicators. Her primary research interests are PTSD; MST and other interpersonal traumas; sleep; perinatal mental health; program evaluation; psychometrics; and predictors of treatment engagement, retention, and outcome.

**Erin Smith, Ph.D.**

Chief, PTSD Clinical Team

[Erin.Smith3@va.gov](mailto:Erin.Smith3@va.gov)

Dr. Smith is the Chief of the PTSD Clinical Team service. She holds a Clinical Instructor position with the Department of Psychiatry, University of Michigan Medical School. She attained her doctoral degree from Fuller Seminary and completed postdoctoral training in PTSD at the Ann Arbor VA. Administratively, Dr. Smith oversees the coordination of clinical and evaluation services in the PCT. Dr. Smith is a certified trainer and consultant in Prolonged Exposure (PE) Therapy and provides supervision of Interns utilizing PE or Cognitive Processing Therapy (CPT). Her clinical and research interests entail evidence-based interventions for PTSD, development of clinical interventions for PTSD, provision of evidence-based PTSD interventions in group formats, perceived perpetration, and spirituality and trauma.



**Robert J. Spencer, Ph.D.**

Neuropsychology

[Robert.Spencer2@va.gov](mailto:Robert.Spencer2@va.gov)

Dr. Spencer is the Chief of the VA Neuropsychology Program and a Clinical Psychologist at VAAHHS. He completed his doctoral degree in Behavioral Medicine/Clinical Psychology at the University of Maryland Baltimore County and his postdoctoral training in Neuropsychology at the Ann Arbor VA. He serves at the VA Neuropsychology lead for the UM/VA Postdoctoral Fellowship program. His clinical focus is in neuropsychological assessment. He is a consultant for the VA's training program for cognitive behavioral therapy for insomnia. His program of research focuses on psychological and neuropsychological assessment and sleep.

**Rebecca Sripada, Ph.D.**

Mental Health Clinic (MHC)

[Rebecca.sripada@va.gov](mailto:Rebecca.sripada@va.gov)

Dr. Sripada is a Clinical Psychologist in the Mental Health Clinic. She is also an Assistant Professor in the University of Michigan Department of Psychiatry and a Research Scientist at the VA Center for Clinical Management Research, an HSR&D Center of Innovation. She obtained her Ph.D. at the University of Michigan and completed a postdoctoral fellowship as a VA Advanced Fellow at the VA Serious Mental Illness Treatment Resource and Evaluation Center (SMITREC). Dr. Sripada's primary research interests include PTSD care quality and predictors of PTSD treatment response and nonresponse. She also studies the influence of medical comorbidity and social support on PTSD treatment outcomes.





**Julija Stelmokas, Psy.D.**  
 Community Living Center  
[julija.stelmokas@va.gov](mailto:julija.stelmokas@va.gov)

Dr. Stelmokas is an attending Staff Psychologist in the Community Living Center, a post-acute inpatient rehabilitation unit, and outpatient neuropsychology service. She earned her Psy.D. from Pacific University (neuropsychology track), and completed internship and post-doctoral training in clinical neuropsychology at the Ann Arbor VA/University of Michigan Consortium. She then completed an Advanced Geriatrics Fellowship through the Geriatric Research, Education and Clinical Centers (GRECC) at the Ann Arbor VA. Her clinical interests include geriatric neuropsychology and rehabilitation, integration of motivational interviewing in mental health interventions and neuropsychological assessment/feedback, positive psychology, and implementation of empirically supported treatment, specifically Acceptance and Commitment therapy and Problem-Solving therapy. Her research primarily focuses on cognitive and affective predictors of post-acute care outcomes, including rehabilitation engagement and functional outcome measurement.

**Leslie Swanson, Ph.D., CBSM**  
 Sleep Circadian Research Laboratory  
[lmswan@med.umich.edu](mailto:lmswan@med.umich.edu)

Dr. Swanson, Ph.D., CBSM, is a Clinical Assistant Professor in the University of Michigan Department of Psychiatry. Dr. Swanson obtained her Ph.D. in clinical psychology from the University of Alabama. She completed her clinical internship at the Veterans Affairs Ann Arbor Healthcare System, followed by a two-year postdoctoral fellowship at the University of Michigan Department of Psychiatry. Dr. Swanson’s research and clinical work are focused on sleep and circadian rhythms in perinatal mental health, with a particular interest in sleep-based interventions to improve outcomes in perinatal depression. Dr. Swanson is a primary clinical supervisor in the Women and Infants Mental Health Clinic and she also provides supervision within the Behavioral Sleep Medicine Clinic. Her research has received support through NHLBI.



**Ivy F. Tso, Ph.D.**  
 Assistant Professor of Psychiatry  
 Program for Risk Evaluation and Prevention (PREP)  
[ivyts@med.umich.edu](mailto:ivyts@med.umich.edu)

Dr. Tso is an Assistant Professor of Psychiatry and Adjunct Assistant Professor of Psychology at the University of Michigan. Dr. Tso obtained her Ph.D. in clinical psychology from the University of Michigan in Ann Arbor and completed a postdoctoral fellowship in clinical psychology at the University of Michigan Medical School. Dr. Tso is a licensed clinical psychologist and is specialized in assessment and psychotherapy for schizophrenia and psychotic disorders. She directs the psychological treatment services of the PREP Clinic, currently the only clinic in southeast Michigan dedicated to evaluation and treatment of early and prodromal psychosis. She serves as the clinical supervisor in the Early Psychosis (PREP) clinical rotation. Dr. Tso’s research focuses on social cognition in schizophrenia and bipolar disorders. She uses electrophysiological (EEG/ERP) and neuroimaging (fMRI) methods to investigate

neural mechanisms underlying altered socio-emotional functions in these disorders. Her research has received support through NIH/MICHR, American Psychological Foundation, and the Depression Center.

**Lisa Valentine, Ph.D.**

Telemental Health Services

[lisa.valentine@va.gov](mailto:lisa.valentine@va.gov)



Dr. Valentine is a Clinical Psychologist at the Ann Arbor VA Medical Center. She completed her Ph.D. in Clinical Health Psychology and Behavioral Medicine at the University of North Texas. She served on active-duty in the United States Air Force during her internship and post-doctoral training. During her time in the military, she worked as a staff provider in the Mental Health Clinic, an element leader in the substance abuse prevention and treatment program, and as suicide prevention program manager. She serves as primary supervisor for the telemental health minor rotation. Clinical interests include providing evidence-based psychotherapies to rural and remote veterans and health behavior change. Her past research has focused on posttraumatic growth and meaning making following stressful events. Current research interests include efficacy and effectiveness of telemental health services, as well as quality improvement projects for the telemental health team.



**Joseph VanderVeen, Ph.D.**

Chief, Substance Use Disorders Intensive Outpatient Program

[Joseph.Vanderveen3@va.gov](mailto:Joseph.Vanderveen3@va.gov)

Dr. VanderVeen is the Chief of the Substance Use Disorder – Intensive Outpatient Clinic (SUD-IOP), Acting Chief of the Substance Use Disorders Clinic (SUDC), and holds a Clinical Assistant Professor position with the Department of Psychiatry, University of Michigan Medical School. He earned his doctoral degree at Texas Tech University and completed his internship at the University of

Mississippi / Jackson VA consortium. Following this, Dr. VanderVeen completed a postdoctoral fellowship with an emphasis on substance use and co-occurring PTSD at the VA in Jackson. Dr. VanderVeen’s current clinical activities entail the use of motivational interviewing and evidence based practices for the treatment of substance use disorders. In regards to his research, Dr. VanderVeen’s interests have focused on substance use and the prevention of relapse. Specifically, he is interested in risk and resilience factors, such as impulsivity, as measures of relapse and repeated use of treatment services. Dr. VanderVeen has also published several articles on training and competency measures within clinical psychology doctoral programs as well as the internship match.

**L. Ricks Warren, Ph.D., ABPP**

Clinical Associate Professor

Department of Psychiatry



Dr. Warren, Ph.D., ABPP, is a Clinical Associate Professor in Psychiatry in the University of Michigan Department of Psychiatry. Dr. Warren obtained his Ph.D. in Psychology at the University of Oregon in Eugene, Oregon, and completed his clinical internship at the University Counseling Center at UO in Eugene and the Veteran’s Administration Hospital in Portland, Oregon. Dr. Warren is certified by the American Board of Professional Psychologists. Dr. Warren’s primary research interests include assessment and treatment of worry and self-criticism; self-compassion interventions; and the effectiveness of evidence-based CBT treatment of anxiety disorders. He is on the editorial board of the Journal of

Rational Emotive and Cognitive Behavior Therapy and serves as a reviewer for conference submissions to the Anxiety and Depression Association of America (ADAA). He is a member of the ABCT CBT Definition Task Force of the Association for Behavioral and Cognitive Therapies. Dr. Warren conducts the CBT for Depression Mentorship for psychiatry residents, clinical social workers, and nurse practitioners and provides both individual and group CBT for adults with anxiety and depression.



**Jamie J. Winters, Ph.D.**

Acting Associate Chief & Chief Psychologist

Director of Clinical Training

[jamiewin@umich.edu](mailto:jamiewin@umich.edu)

Dr. Winters serves as the Training Director of the VAAHS training programs. She is the Acting Associate Chief and Chief Psychologist of the Mental Health Service and a Clinical Assistant Professor at the University of Michigan Department of Psychiatry. She earned her doctoral degree at the University of Maryland, Baltimore County and completed a postdoctoral fellowship at the Research Institute on Addictions. Dr. Winters is closely involved with Interns throughout the programming year and supervises several of the available rotations. Her clinical activities entail substance use disorder and treatment, substance use and violence, behavioral couples therapy, intimate partner violence, Motivational Interviewing, and implementation of empirically supported treatments. Dr. Winters focuses on research elucidating factors associated with substance use disorders and treatment outcome, substance use and violence, behavioral couples therapy, and intimate partner violence.

**Carissa Wott, Ph.D.**

Psychotherapy Coordinator Toledo Community Based Clinic

[Carissa.Wott@va.gov](mailto:Carissa.Wott@va.gov)



Dr. Wott is a Clinical Psychologist in the Toledo Mental Health Clinic and provides general MH and PTSD services. She is the psychotherapy coordinator for the Toledo Clinic and is the lead supervisor for practicum training. She holds a Clinical Assistant Professorship at the UM Psychiatry Department and an Adjunct Faculty position at the University of Toledo. She received her PhD from Bowling Green State University with a Health Psychology emphasis. Her clinical and research interests include combat and sexual trauma, health interventions, anxiety disorders, and insomnia.



## ANN ARBOR LIFE AND COMMUNITY



The University of Michigan and VA Ann Arbor Healthcare System are located within the mid-sized city of Ann Arbor. The 2010 Census recorded its population to be 113,934, making it the sixth largest city in Michigan. Ann Arbor is renowned for its cultural offerings and is home to an avid base of sport enthusiasts. Ann Arbor has you covered year-round, whether you enjoy arts, sports or recreational activities, shopping, festivals, casual or fine dining, family-friendly activities, or nightlife. Ann Arbor is also home to

award winning public schools and higher learning universities and colleges. For further information please visit [www.visitann Arbor.org](http://www.visitann Arbor.org).



Photo: AACVB



Photo: Chicago



Photo: Angela J. Cesere | The Ann Arbor

Awards and Accolades: (<https://www.visitann Arbor.org/about>)



- #1 [Best Mid-Sized Cities to Visit](#), Reward Expert, 2017
- #20 [The 20 Happiest Cities to Work In Right Now](#), Forbes, 2017
- [Top 10 US Destinations for Solo Travel in 2017](#), Flip Key from TripAdvisor, 2017
- #7 [The Top 10 Best US Cities for Entrepreneurs](#), CITL.IO, 2017
- #1 [The 10 Most Walkable Neighborhoods in the Midwest \(Mid-Size City Edition\)](#), Redfin.com, 2016
- #5 [Expert Poll: Ranking the Best Towns in College Football](#), Athlon Sports & Life, 2016
- [The 15 U.S. Towns Most Worthy of a Day Trip](#), Esquire, 2016
- [The Most Iconic Restaurant in Every Single U.S. State](#), PureWow, 2016

[25 Best Small Town Honeymoon Destinations](#), VacationIdea.com, 2015

#2 [The 50 Best College Towns In America](#), Best College Reviews, 2015

#13 [Top 100 Best Places to Live](#), Livability 2015

[10 College Towns We'd Actually Want To Visit As Adults](#), Huffington Post Traveler, 2014

[Best College Towns for People Who Aren't In College](#), Conde Nast Traveler, 2014 [America's Best Main Streets](#), Fodor's Travel, 2014

## **Clinical Psychology Application Process**

The application deadline for the Clinical Psychology Consortium residency is December 15, 2017. An application cover sheet with instructions can be downloaded at

<https://medicine.umich.edu/dept/psychiatry/education/other-programs/psychology-postdoctoral-training>.

Application materials include:

- 1) A completed application cover sheet
- 2) Letter of interest/Statement of future goals
- 3) Graduate School transcripts
- 4) CV
- 5) 3 letters of recommendation

For general questions about the program, contact Jessica Hamden, the Psychology Postdoctoral Residency Training Program coordinator ([UM-VA-PostdocApply@umich.edu](mailto:UM-VA-PostdocApply@umich.edu) or 734-763-4872). For specific inquiries about opportunities at the MICHMED site, contact J. Todd Arnedt, Ph.D., University of Michigan Training Program Director ([tarnedt@med.umich.edu](mailto:tarnedt@med.umich.edu)); for questions about the VAAAHS site, contact Beau Nelson, Ph.D. VA Ann Arbor Training Program Director ([Clayton.Nelson2@va.gov](mailto:Clayton.Nelson2@va.gov)).

The MICHMED/VAAAHS Consortium offers stipends ranging from \$46,028 to \$48,925 for 1<sup>st</sup> and 2<sup>nd</sup> year residents, respectively. In addition, residents are eligible for medical benefits, paid vacation days, and travel support for professional development.

Candidate interviews take place typically in January and February. Onsite or electronic interviewing options are available. After a review of applications, individuals will be contacted for interview.