CLINICAL PSYCHOLOGY INTERNSHIP

Joint Base San Antonio – Lackland San Antonio, Texas

Accredited by American Psychological Association since 1971

https://www.usafpsychologists.com/wilford-hall


Updated July 2018
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WHASC Psychology Internship

Thank you for your interest in the APA-accredited Clinical Psychology Internship Program at Wilford Hall Ambulatory Surgical Center (WHASC) located at Joint Base San Antonio-Lackland (JBSA), San Antonio, Texas. We are a generalist training program within a major military ambulatory surgical center.

Each year, we accept up to 12 interns who, upon graduation, go on to guaranteed clinical psychology positions in the Air Force. We are the oldest and largest of the Air Force Psychology Internship training programs. As of 2018, we have graduated a total of 520 interns and can rightfully claim that we have trained more military psychologists than any other training program in the world!

Key Points to Consider

★ Broadly trained as a Generalist using a Scientist Practitioner approach to Clinical Psychology
★ “State of the science” training in Evidence Based Practices for PTSD, Clinical Health Psychology, Primary Care Psychology, and Neuropsychological Screening
★ Dedicated time and support for working on and defending your dissertation during internship
★ Supervision consistently rated ”outstanding” in quantity and quality by program alumni
★ Didactic Program with Distinguished Visiting Professors of National Reputation
★ Work with a broad diversity of patients at the DoD’s largest ambulatory surgical care facility
★ Opportunity to conduct research related to clinical interests
★ Only Air Force training site with accredited post-doctoral fellowship in Clinical Health Psychology
★ Unique training opportunities include working with Basic Trainees entering the Air Force, attending the San Antonio Combat PTSD Conference with national trauma experts, and opportunities to collaborate with the University of Virginia Center for Addiction and Prevention Research on various population health studies
★ Excellent pay/benefits during internship and 3 additional years of follow-on employment
Accreditation

Our program has been continuously accredited by APA since 1971 and a member of APPIC since 1976. We are accredited through 2022 based on our latest 7-year re-accreditation by the American Psychological Association’s Commission on Accreditation. WHASC Clinical Psychology training program provides training in all of the profession wide competencies (i.e., research, ethics and legal standards, individual and cultural diversity, professional values and attitudes, communication and interpersonal skills, assessment, intervention, supervision, and consultation and interprofessional/interdisciplinary skills) as required by APA standards of accreditation and two program specific competencies of population health and officer development. Questions related to the program’s accredited status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979 / E-mail: apaacccred@apa.org

APPIC Membership

The WHASC Clinical Psychology Internship program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and follows APPIC policies on internship offers and acceptances. We participate in the APPIC Matching Program. Details of the APPIC program and policies can be viewed on APPIC's web site (http://www.appic.org). The WHASC APPIC Match number is 158911.

We are eager to talk with you about your interest in the Air Force Psychology Internship! Please contact us regarding our program, Air Force service, financial benefits, or other questions related to the internship process by phone at 210-292-5972 or by email to: airforcepsychology@gmail.com

NOTE: Three Air Force pre-doctoral psychology internships are available (Malcolm Grow, Wilford Hall and Wright-Patterson). Each is located in a major Air Force teaching facility that sponsors medical residencies. For administrative purposes, our internships have been grouped with these graduate medical education programs and have a long tradition of being referred to within the Air Force as “residencies.”
Internship Admissions, Support, and Initial Placement Data

INTERNERSHIP PROGRAM TABLES

Date Program Tables are Updated: 1 July 2018

Internship Program Admissions

The Clinical Psychology Internship Program at Wilford Hall Ambulatory Surgical Center (WHASC) is based on a scientist-practitioner approach to understanding human behavior and providing psychological services. The purpose of the WHASC psychology internship program is to prepare competent psychologists to provide empirically-validated mental health care services to military members and their families and to provide effective consultation to military leaders on issues related to military members’ fitness for duty as well as risks to the public health of the local Air Force base community.

We intend our training activities to produce “generalist” clinicians who use careful, critical thinking skills to apply scientific evidence to the practice of psychology. We expect trainees to base their clinical decision making and treatments on strong empirical evidence when it is available. This critical thinking combined with a reliance on empirical science helps trainees minimize the inherent bias present in all human thinking, promotes the use of the most effective clinical strategies for patient care, and encourages the advancement of psychology as a health care profession.

Wilford Hall Ambulatory Surgical Center’s (WHASC) Clinical Psychology training program provides training in all of the profession wide competencies (i.e., research, ethics and legal standards, individual and cultural diversity, professional values and attitudes, communication and interpersonal skills, assessment, intervention, supervision, and consultation and interprofessional/interdisciplinary skills) as required by APA standards of accreditation. Additionally, WHASC provides program specific competency training in population health and officer development.

Required Minimum Number of Clinical Hours

Does the program require that applicants have received a minimum number of hours of the following at time of application? Yes.

If Yes, indicate how many:

- Total Direct Contact Intervention Hours: No Amount: NA
- Total Direct Contact Assessment Hours: No Amount: NA
- Overall Total Direct Contact Hours: Yes Amount: 500

Wilford Hall Ambulatory Surgical Center’s (WHASC) Clinical Psychology training program requires a completed minimum of 500 face-to-face hours of supervised practicum experience by the time the application is submitted. Our training program does not require a specific breakdown or percentage of intervention hours to assessment hours to meet the minimum of 500 face-to-face hours requirement.
Describe any other required minimum criteria used to screen applicants:

The United States Air Force offers up to 24 fully funded one-year intern positions in clinical psychology across three training sites (WHASC, Malcolm Grow Medical Center, and Wright-Patterson Medical Center). The Air Force welcomes applications from all qualified persons who meet the following eligibility requirements:


b. Meet the health and fitness requirements for commissioning in the United States Air Force as determined by medical history and physical examination.

c. Meet the standards for issuance of a secret security clearance as determined by history and background investigation.

d. Satisfactorily complete all academic and practica requirements for the Ph.D. or Psy.D. in clinical, counseling, or combined professional-scientific psychology from an APA-accredited graduate program (Air Force Instruction 44-119, 7.9.2.1). This includes, at a minimum, the completion of preliminary and comprehensive examinations and doctoral dissertation proposal approval.

e. Be ready for internship as certified by the Director of Clinical Training at their graduate program.

f. Dissertation progress is a factor in the selection process. Completion of the dissertation prior to internship is strongly encouraged to allow for full participation in the wealth of training opportunities available during the internship.

Eligibility for commissioning as a United States Military Officer requires robust health as defined by a health history free of specified impediments, current physical strength/endurance tests, and impeccable moral character as defined by a life history free of impediment (specified list of exclusions related to ethical violations, personal finance/credit management, contacts with governmental authorities and law enforcement agencies, etc.) The main point of contact for questions regarding fitness for duty is a Health Professions recruiter from the Air Force Recruiting Service (AFRS). The Health Professions recruiter is authorized to screen for health, fitness, and legal conditions that may be disqualifying for service. To find your nearest recruiter, visit the following website:

https://www.airforce.com/find-a-recruiter
Financial and Other Benefit Support for Upcoming Training Year

Interns receive the rank, pay and benefits of an Air Force Captain, including competitive base salary, tax-free housing allowance based on regional cost of living, monthly food assistance, family medical coverage and optional family dental package, and time off including 30-paid vacation days plus all federal holidays. For specific salary and benefits, see the Military Pay Charts (note salary is based on basic pay, housing allowance for San Antonio Texas, and monthly food assistance payment).

Annual Stipend/Salary Full Time Interns **with dependents:** $74,703 ($6,225 per month)
Annual Stipend/Salary Full Time Interns **without dependents:** $74,343 ($6,195 per month)
Annual Stipend/Salary for Half-Time Interns: NA

**Program provides access to medical insurance for intern?** Yes
**Trainee contribution to cost required?** No
**Coverage of family member(s) available?** Yes
**Coverage of legally married partner available?** Yes
**Coverage of domestic partner available?** No
**Hours of Annual Paid Personal Time off (PTO and/or Vacation)** Yes
**Hours of Annual Paid Sick Leave** No

**In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?** Yes

**Other Benefits:** Tricare, the medical insurance for military members, does require a relatively small annual deductible for individuals ($300) and family members/dependents (no more than $600 per family). Look at Tricare’s website: https://www.tricare.mil/Costs/HealthPlanCosts/PrimeOptions for more information. Military members earn 30 days of paid leave per year (2.5 days per month). This is in addition to federal holidays or military family days (i.e., days when senior military leaders grant permission to have a day-off for service members). However, please note that interns are only allowed 14 days away from training in addition to federal holidays and military family days. If the medical condition prevents a service member from reporting to work for more than a single day, the service member will be evaluated by a medical professional and placed on convalescent leave (i.e., sick leave) for the appropriate amount of time. Therefore, service members do not accrue paid hours of sick leave. If necessary, it is permissible to take a medical leave of absence to receive appropriate treatment (e.g., cancer treatment, 12 weeks maternity leave after child birth). All medical leave is paid. For medical situations involving service members, family members or dependents, it is important to note that if additional time is approved away from training (i.e., more than 14 days) it will result in a
necessary extension in training to make sure all program requirements are completed. Another great benefit is that Air Force offers incentive bonuses for psychologists. Psychologists are eligible to receive additional pay for licensure ($5,000) and ABPP certification ($6,000) for a total salary increase of $11,000 annually.

Initial Post-Internship Positions

<table>
<thead>
<tr>
<th>2015-2018</th>
<th>PD</th>
<th>ED</th>
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<tbody>
<tr>
<td>Total # of interns who were in the three cohorts</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Community Mental Health Center</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Federally Qualified Health Center</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Independent Primary Care Facility/Clinic</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>University Counseling Center</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Veterans Affairs Medical Center</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Military Health Center</td>
<td>0</td>
<td>29</td>
</tr>
<tr>
<td>Academic Health Center</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other Medical Center or Hospital</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Psychiatric Hospital</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Academic University/Department</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Community College or other Teaching Setting</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Independent Research Institution</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Correctional Facility</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>School District/System</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Independent Practice Setting</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Not Currently employed</td>
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<td>0</td>
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<tr>
<td>Changed to Another Field</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Unknown</td>
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The position of clinical psychologist in the Air Force is comparable to that of many civilian psychologists. Duties primarily depend upon the needs of the individual clinic or the Air Force community in which one works. Depending upon one's interests or skills, even in initial duty assignments, Air Force psychologists are typically given levels of responsibility and autonomy rarely seen in other contexts, and the WHASC internship program prepares interns to effectively transition into their role as AF psychologists. The initial assignment invariably provides a superb foundation for a future military, or civilian, clinical psychology career.
WHASC Clinical Psychology Internship Training Model

The Psychology Internship Training Program at WHASC is based on the scientist-practitioner model outlined in the Conference Policy Statement of the National Conference on Scientist-Practitioner Education and Training for the Professional Practice of Psychology (Belar & Perry, 1992; Belar, 2000). We view the core of “scientist-practitioner” as an integration of science and practice in all of the professional activities of a clinical psychologist. Our program trains interns to use a scientific approach to analyze clinical problems and use the insights gained from clinical practice to inform and guide relevant empirical investigation.

Our training activities aim to produce “generalist” clinicians who use careful, critical thinking skills to apply scientific evidence to the practice of psychology. We expect trainees to base their clinical decision making and treatments on strong empirical evidence when it is available. This critical thinking combined with a reliance on empirical science helps trainees minimize the inherent bias present in all human thinking, promotes the use of the most effective clinical strategies for patient care, and encourages the advancement of psychology as a health care profession.

Program Characteristics

★ Scientific Focus
  ➢ Focus on scientific thinking and biopsychosocial case conceptualization skills
  ➢ Extensive training and supervision in empirically-based practices (EBPs) including PE, CPT, CBT-I, Motivational Interviewing, and more
  ➢ Applied research opportunities

★ Support Intern Autonomy and Professional Development in a Diverse Working Setting
  ➢ Interns are given leadership responsibilities
  ➢ Supervision and training forums focus on clinical and leadership development as an officer
  ➢ Ability to work with a diverse group of patients, professionals, and faculty in various clinics

★ Interdisciplinary Teamwork and Consultation
  ➢ Interns work closely with Psychiatrists and Psychiatry Residents
  ➢ Learn consultation and feedback skills with medical providers in primary care setting
  ➢ Learn to balance patient safety and mission requirements as a consultant to Commanders

★ Working in a Joint Service Environment
  ➢ The Psychology Internships at WHASC and Brooke Army Medical Center in San Antonio share in some training activities during the year
  ➢ Joint Base San Antonio - Lackland is home to a wide variety of joint military operations, including many enlisted technical schools attended by enlisted members of all branches of the armed forces. Interns work with patients from all uniformed services (Air Force, Army, Navy, Marines, Public Health Service, and Coast Guard) and learn about each service’s unique culture, missions, and rules. Providers are exposed to sister service policies and cultures, learning how to work with patients and leadership from other military branches.
Training Competencies

WHASC Clinical Psychology training program provides training in all of the profession wide competencies (i.e., research, ethics and legal standards, individual and cultural diversity, professional values and attitudes, communication and interpersonal skills, assessment, intervention, supervision, and consultation and interprofessional/interdisciplinary skills) as required by APA standards of accreditation. Additionally, WHASC provides program specific competency training in population health and officer development.

Dynamic Training Environment

The AF operational and training environment is dynamic. Thus, we are frequently adjusting our training activities to meet changing organizational and training demands and opportunities. Usually these changes are to improve the program; but at times mission demands may require the program to alter training schedules, reduce certain training components or remove specific minor components of the training program. Such changes would not affect the major components of the program.
Clinical Psychology Internship Rotations

There are two major, 4-month rotations and four minor, 1-month rotations:

Outpatient Mental Health Clinic (MHC) Major Rotation (4 months)

The Mental Health Clinic rotation provides clinical training across a range of activities and a diverse spectrum of clientele with presenting problems ranging from situational and work-related stressors to acute psychosis. The majority of daily clinical work is by scheduled appointments (initial intakes and follow-ups); initial triage, safety evaluation, and determination of patient disposition are conducted for all who walk-in on an emergency basis. The patient population is mostly active duty. Interns are supervised by a staff psychologist in providing individual, and psycho-educational group therapies for both long and short-term care. Interns conduct manualized, cognitive-behavioral, educational/treatment groups. Case supervision focuses on empirically supported treatment, primarily from a cognitive-behavioral theoretical orientation.

Interns conduct supervised formal psychological assessments (e.g., testing, substance use disorder intakes) of outpatients generated by medical referrals and via military-specific clinical evaluation processes, such as medical discharge evaluation boards, security clearances, and “commander-directed” concerns about occupational performance. Interns also conduct special duty evaluations for service members entering specialty military careers (for example, Military Training Instructor). In conducting such evaluations, interns not only learn about various job requirements within the Air Force and how personnel are managed, but also how to conduct oneself ethically and professionally when analyzing, interpreting and acting as a command consultant or mental health "gate-keeper" regarding personnel issues. During the MHC rotation, interns also have the opportunity to provide individual supervision of a mental health technician. These training experiences provide excellent preparation for general duties within an Air Force setting or in a similar civilian, clinical/community setting.

Training Opportunities in MHC Rotation

★ Individual Therapy Caseload
★ Initial Intake Evaluations
★ Group Therapy (e.g. DBT, CPT [Combat and Non-Combat related trauma], Emotions Management)
★ Substance Use Disorder Assessment
★ Crisis Assessment and Intervention (i.e. walk-in triages)
★ Psychological Assessment/Testing (e.g. special duty evaluations or medical board evaluations)
★ Individual Supervision of Mental Health Technicians
★ Commander Directed and Fitness for Duty Evaluations (i.e., personnel evaluations)
★ Consultation to Leadership
Mental Health Rotation Faculty

Dr. Timothy Rogers:
Dr. Rogers serves as both the Associate Program Director of the Internship, and regularly serves as a supervisor on the Mental Health rotation. He works for the Center for Deployment Psychology and is assigned to JBSA-Lackland at Wilford Hall Ambulatory Surgical Center (WHASC). Dr. Rogers received his PhD in Counseling Psychology from the University of Akron and completed his internship at WHASC in 2009. He served on active duty for six years in the US Air Force, deployed, and held several different positions within the Mental Health Flight. His research and clinical interests include help-seeking behavior, PTSD and insomnia treatment, and training in health service psychology.

Capt Derek Matthies:
Capt Matthies serves as a staff psychologist and rotation supervisor for the Mental Health rotation. He completed his PhD from the Loma Linda University 2016. Capt Matthies’ clinical interests include mindfulness-based interventions and behavior modification to address depression and anxiety symptoms. His research interests include both MBSR and behavior modification, as well as the impact of diagnosis and prognosis on patient motivation.
Clinical Psychology Internship Rotations
(continued)

Clinical Health Psychology (CHP) Major Rotation (4 months)

The four month Clinical Health Psychology rotation includes a variety of outpatient experiences including working on interdisciplinary programs (e.g., chronic pain management, diabetes management, weight management, and tobacco cessation). The rotation provides interns with the opportunity to evaluate and recommend treatment for medical and psychophysiological conditions in which the patient’s behaviors, emotions, cognitions, spirituality, culture or environment may be a significant determinant in the severity or extent of dysfunction. Empirically-based treatments (predominantly cognitive-behavioral interventions) are implemented to assist patients in modifying health compromising behaviors. CHP receives consultation requests from providers throughout the medical center to include the Sleep Clinic, Pain Clinic, Bariatric Surgery Clinic, Dietary Medicine, Internal Medicine, Primary Care, Physical Therapy and Neurology. The CHP major rotation includes the opportunity to obtain training using biofeedback as an adjunctive treatment for appropriate conditions.

The CHP fellowship is co-located at WHASC. Interns have the opportunity to work with and learn from CHP fellows throughout the training year.

Training Opportunities in CHP Rotation

★ Behavioral/functional analysis of patients with chronic medical problems
★ Self-regulation strategies (Biofeedback, Relaxation, Stress Management)
★ Biopsychosocial management for chronic medical conditions
★ Consultations to medical providers
★ Health promotions/health behavior change (e.g., tobacco cessation and weight management)
★ Group supervision of Mental Health Technicians
Lt Col Robert Vanecek:

Lt Col Vanecek serves as both the Program Director of the Clinical Health Psychology (CHP) Postdoctoral Fellowship, and lead trainer for the CHP rotation. He currently serves as our Associate Dean of Allied Health Education, as well as a board examiner for both the American Board of Clinical Psychology and the American Board of Behavioral and Cognitive Psychology. He received his PhD in Clinical Psychology from Texas Tech University in 2000 and completed his Internship at WHASC. His research and clinical interests include health psychology, sleep disorders and the use of biofeedback.

Lt Col Samantha Timm:

Lt Col Timm is a staff psychologist who supervises on the CHP Rotation. She received her PsyD in Clinical Psychology from Baylor University in 2001. Lt Col Timm also completed her both her internship and postdoctoral fellowship in CHP at WHASC. Her research and clinic interests include health psychology, PTSD, and sleep.

Capt Andrew Dunkle:

Capt Dunkle serves as a staff psychologist and provides supervision on the CHP rotation. Capt Dunkle completed his PhD in Counseling Psychology at Oklahoma State University and his internship at WHASC in 2014. His research and clinical interests include operational psychology, brief therapy models, psychotherapy outcomes, and performance psychology.
Clinical Psychology Internship Rotations
(continued)

**Behavioral Analysis Service Rotation (1 month)**

Joint Base San Antonio - Lackland is known as “the Gateway to the Air Force” because it serves as the Air Force’s only Basic Military Training (BMT) site for all Air Force, Air National Guard, and Air Force Reserve enlisted personnel. Lackland graduates 36,000 trainees from the 8½ week BMT course and provides advanced career training to another 38,000 technical school students each year.

Interns on this rotation shift their clinical focus to the role of a clinician-consultant whose primary responsibility is to address questions of psychological fitness for duty with basic trainees, technical school students, or others considering a change to a career field requiring a specific psychological profile.

Interns gain experience in assessment for personnel decisions and in treating adjustment disorders, mood and anxiety problems. Interns are directly involved in decisions regarding recruits’ separation from the Air Force and hospitalization, and can expect to gain experience in assessment, triage, and crisis intervention with this late-adolescent population.

**Training Opportunities in BAS Rotation**

- Crisis Assessment and Intervention for Air Force Basic Trainees (e.g., walk-in triages)
- Consultation to Leadership
- Assessment of trainees interested in entering mental health field as technicians
BAS FACULTY

Major Kristin Galloway:

Major Kristin Galloway serves as the Flight Commander of the Behavioral Analysis Service. She completed her PsyD in Clinical Psychology at the School of Professional Psychology at Wright State University. Her clinical interests include military Psychology, trauma and sexual assault prevention.

Capt Zachary Fetterman:

Capt Fetterman serves as the primary supervisor on the BAS rotation. He completed his PhD in Clinical Psychology from the University of Alabama and internship from WHASC in 2016. Capt Fetterman’s research and clinical interests include bias and decision-making, health psychology, and reproducibility and replication of research.
Clinical Psychology Internship Rotations

Assessment Rotation (1 month)

The required assessment training consists of conducting psychological testing for active duty, family member, and retired adults referred to the service for cognitive testing. Interns assist with assessment and reporting for neuropsychology consults. Referrals address a wide variety of presenting problems, with the most common being dementia, vascular injuries, psychiatric cases, and traumatic brain injury.

Common tests included in Assessment Rotation

★ Boston Naming Test
★ California Verbal Learning Test
★ Dementia Rating Scale
★ Grooved Pegboard
★ Millon Clinical Multiaxial Inventory
★ MMPI-2-RF
★ Repeatable Battery for the Assessment of Neuropsychological Status
★ Test of Memory Malingering
★ Trails A & B
★ WAIS-IV
★ Wechsler Memory Scale
★ Wisconsin Card Sort

Assessment Rotation Faculty:

Maj Daniel Jacobson

Maj Jacobson serves as the lead trainer for the assessment Rotation. He completed his PhD in Clinical Psychology from Eastern Michigan University in 2012. Research and clinical interests include physiological markers (cortisol) of neurocognitive and psychological dysfunction, neuropsychology.
Clinical Psychology Internship Rotations (continued)

Primary Care Rotation at Family Health Clinic (1 month)

The Air Force is a leader in integrated primary care. Interns spend four weeks immersed in a Primary Care Clinic providing behavioral health consultation services using population health principles. The predominant focus is consultation with Primary Care staff to aid in patient management for individuals with significant emotional or behavioral factors impacting health outcomes. Each intern has the opportunity to provide behavioral health assessments and services. Interns also aid Primary Care providers in co-management of the patient through regular follow-up consultations and feedback on issues impacting patient care. By working in primary care clinics, interns provide early intervention for patients suffering from life-style and stress-related disorders as well as more chronic medical conditions.

Training Opportunities in Primary Care Rotation

★ Embedded in Primary Care Clinic
★ Opportunity to fine-tune behavioral interventions, make level of care determinations, provide daily feedback to medical professionals, and provide on the fly consultation
Primary Care Faculty

**Dr. Kessler Walker:**

Dr. Kessler-Walker is the lead trainer and supervisor for Primary Care Clinic at WHASC. She provides short term counseling for patients in Family Practice Clinic and consults with Primary Care Managers to help facilitate coordinated care. She completed her PhD in Counseling Psychology from Ball State University in 1997. Research and clinical interests include primary care psychology.

**Capt Jillian Bailie:**

Capt Bailie is a staff provider and will be supervising Residents on the Primary Care rotation. She completed her PsyD in Clinical Psychology at Wright State University and Internship at WHASC in 2017. Her clinical and research interests include PTSD, effects of adverse childhood events, and issues pertaining to mass shooting events including effects on survivors.
Elective Rotation (1 month)

Interns who have not completed their dissertation prior to this rotation will be given the opportunity to work on their dissertation during the work day.

Those who have completed their doctoral requirement may elect to include additional experiences related to each of the other available rotations (CHP Plus, Primary Care Plus, BAS Plus). Experiences in each setting will not be simply more of what is contained in the required rotation, but will be designed to support the advancement of the intern’s unique interests and skills. The specific training activities for each advanced/plus mini-rotation will be developed by the Rotation Supervisor and Training Director in consultation with the intern using pre-approved templates for the elective rotations. Each of these rotation options is available for 1 month.

Alternatively, interns may work on other research projects in collaboration with a WHASC faculty mentor/supervisor. The Behavioral Medicine Department at WHASC maintains a vibrant research program with many, ongoing funded projects. Interns may elect to work on one of these projects or develop one of their own in collaboration with a faculty mentor.

Additional approved electives include Operational Psychology, Examination for Professional Practice of Psychology (EPPP) Preparation, Motivational Interviewing, and Neuropsychology.

Examples of previous electives include:

★ Examination for Professional Practice of Psychology (EPPP) Preparation
★ Focused PTSD treatment at the Center for the Intrepid
★ Internal Medicine
★ Operational Psychology temporary duty (TDY) to participate in assessment and selection for special operations forces
★ Research
★ Substance use assessment and treatment (ADAPT Clinic)
★ Women’s Health
Other Training Experiences

★ Continuity Clinic

Interns maintain an ongoing therapy caseload as part of his/her “continuity clinic.” One patient generally has a PTSD diagnosis providing experience in delivering PE or CPT. These cases allow for therapy experiences that can carry over beyond individual clinic rotations. Interns meet for weekly PTSD Case Conference and receive individual case supervision from their Preceptor.

★ Community/Population Health Seminar

Population health is one of training program’s specific internship competencies. The goal of this seminar is two-fold: 1) To provide interns with additional knowledge about the science of practicing psychology, particularly within a military setting, and 2) To provide an experiential opportunity to apply scientific skills to address various challenges facing military communities.

The seminar meets weekly for one hour. During the first portion of the year, the seminar focuses on readings covering an array of topics from the philosophy of science, clinical decision making, and applied research design to name a few. The goal is to provide articles that discuss the application of science to the practice of psychology. During the remainder of the year the seminar will work in teams working on a particular project, in collaboration with staff. Results from previous team projects have been presented at local and national conferences and submitted for publication.

★ AF Community Psychology Activities

Interns will attend a variety of activities that provide exposure to typical experiences of psychologists in the Air Force at their next base assignment after internship, including a relationship enhancement workshop and participating in outreach activities for the base community such as through Unit Consultation Teams.

★ On Call Responsibilities

Psychology interns will rotate on call responsibilities with other clinical staff throughout the year. A designated cell phone to receive on-call responses for emergency situations (e.g., domestic violence, suicide attempts) after duty hours and on weekends will be provided. Interns do not physically respond to the scene of any situation. Psychology interns provide real-time guidance to military leaders regarding safety planning and case reporting or consultation to medical providers, Commanders, and First Sergeants on mental health related matters and document incidents. All on-call responsibilities are under the supervision of a credentialed staff member and performed on a weekly basis.
ADMINISTRATIVE SUPPORT

While the internship is located at Wilford Hall Ambulatory Surgical Center, the sponsoring institution is the San Antonio Uniformed Services Health Education Consortium (SAUSHEC). SAUSHEC is comprised of 37 Graduate Medical Education programs and 19 Allied Health Education programs. SAUSHEC provides administrative and budgetary oversight for all of the Air Force graduate medical education and allied health education programs at Wilford Hall Ambulatory Surgical Center including both the Clinical Psychology Internship and the Clinical Health Psychology Postdoctoral Fellowship programs. Budgetary allocations are announced at the beginning of each new budget year (July 1) and have provided funds to cover accreditation fees, support for our Distinguished Visitors and Special Training Workshops, and some travel funds for interns who may, as first authors, have papers accepted for presentation, at national conferences.

We have one staff position, the Program Coordinator, to provide administrative and secretarial support to the training programs. Our Program Coordinator maintains the official training files, assists with duty hour logs and work load reporting, assists interns with Leave and Defense Travel System (DTS) arrangements, and coordinates our Distinguished Visitors Program, Special Training Workshops, Interview Day for Applicants, and Orientation for New Interns.

The 59th Medical Operations Squadron/ Mental Health Flight and the 559th Medical Group/SGPK (BAS) both provide valuable support to the training programs through the allocation of office and training space, office supplies, training staff to assist with orientation, Basic Life Support training, etc.

All interns are assured of appropriate work space with assigned offices equipped with up-to-date computer equipment, video cameras to record patient care (for supervision purposes), convenient printers/scanners/copiers, secure file storage, telephones/voice mail, etc. Interns are assigned to offices within the clinics in which they work. Interns on elective rotations are also provided work space. The arrangement of intern offices is designed to facilitate peer socialization, support, and interaction. Efforts are made to assign intern offices that are close in proximity to clinical supervisors in order to encourage frequent interaction and allow supervisors to easily monitor the intern’s clinical activities.

The 59th Mental Health Flight makes available 3 large conference rooms that are fully equipped with computers and audiovisual equipment for training program activities, department meetings, didactics, training workshops, etc. We have easy access to the hospital’s video teleconferencing rooms and use this technology for meetings with our colleagues at San Antonio Military Medical Center (SAMMC) as well as other Air Force Clinical Psychology Internship Training sites.

Psychology interns have access to assessment instruments, including computer based testing packages and therapy tools (e.g., digital tape recorders for patients enrolled in Prolonged Exposure for PTSD) specific to their rotation assignments. Both of the major rotations, Mental Health Clinic and Clinical Health Psychology, as well as the required Assessment rotation have designated assessment space for psychological testing. In addition, when training on CHP, interns are trained in biofeedback with state of the art equipment.

Interns and faculty also have excellent access to all of the relevant bio-behavioral professional journals and publications through the Wilford Hall Medical Library and through AF Medical Service’s web-based portal. Most articles are delivered electronically within 24 hours.
Didactic Program

The internship emphasizes a strong knowledge base for professional practice through an extensive didactic and readings programs at the rotation and department level. Rotation supervisors incorporate research discussions on topics relevant to particular cases. Inclusion of didactic material provides integration of theory, science, and practice on issues of special relevance to active duty military patients.

The outpatient MHC rotation focuses on developing evidence based therapy skills in the evidence based case conference through assigned readings, use of videos, and interactive learning.

The CHP rotation didactics and readings focus on general topics pertinent to the field of clinical health psychology and disorders likely to be seen in a CHP clinic. The first two weeks of the rotation is an orientation that includes training on health psychology concepts and practices (e.g. biopsychosocial conceptualization, functional analysis, relaxation training, biofeedback, and consultation), training on the most common presenting problems (e.g. chronic pain, headaches and insomnia), basic concepts in consultation and neuropsychological assessment.

Didactics at the department level consist of an organized series of weekly classes on issues or topics that transcend rotational emphases. At WHASC, didactic sequences tend to stress advanced intervention and assessment strategies, current research in specific areas, the integration of general psychological principles and practices and special applications to military psychology.

In addition to “in-house” training, our program brings in two to three Distinguished Visiting Professors (DVPs) each year. DVPs commonly provide two presentations and spend informal time with the faculty and interns at lunches and dinners.
Training Schedule

Commissioned Officer Training (COT)

The internship training year is preceded by a mandatory, five-week course at Maxwell Air Force Base in Alabama. This course acts as an introduction to the Air Force and the Air Force Medical Service. During this time (beginning the last week of June to the end of July), new interns obtain uniforms, establish pay records, engage in rigorous physical training, and learn about military leadership as well as their new roles and responsibilities as military officers.

Orientation/In-Processing at WHASC

Following COT graduation, interns travel to Joint Base San Antonio-Lackland. All interns receive internship orientation and complete designated training in Air Force policy, procedures, regulations, human resource and benefits administration, and information systems practices before formal clinical training begins in mid-August.

Duty Hours

The established duty (work) day schedule is 0730-1630. During these hours, the facility’s clinics are open for patient appointments and services. Interns may be expected to be at their duty station, however, as early as 0630 in order to attend required meetings (Commander’s Call), special training, or to properly prepare for the first appointment of the day, etc. Interns, similar to other medical professionals, do not leave at the end of the duty day, but work until required clinical procedures and documentation is completed to the satisfaction of their clinical supervisors. It is not uncommon for interns to work past 1800 on some evenings in order to complete these responsibilities.

Consistent with Graduate Medical Education policy, no psychology intern is allowed to work more than 80 hours per week. A survey of past intern duty logs found that our Psychology interns worked, on average, 45-50 hours per week.

Annual Leave/Convalescent Leave

Service members earn 30 days of Annual Leave or Vacation each year. Due to the very substantial amount of clinical training that must be covered during the internship year, psychology trainees are eligible to miss only 14 days from the designated training program (4 days of which can only be devoted to dissertation defense if the dissertation defense and manuscript acceptance has not occurred before 1 Feb).

A day away from training is any day on which the Intern is absent when others are in training. Days away from training include annual leave/vacation days, convalescent/sick leave, and professional conferences. Federal holidays and military “family days” are not counted as days away from training since no training occurs for anyone at that time.

Interns may carry forward (accrue) annual leave after internship or elect to take a significant amount of leave following their graduation from internship or in conjunction with their move to their next Air Force Base assignment.
Initial Assignments After Graduation

Although AF Interns do not complete internship until August, they receive information about their next assignment in April. This assignment typically will be scheduled to start in early September and will end at the conclusion of their Active Duty Service Obligation.

The AF offers assignments at more than 70 locations in the continental U.S. and overseas. Air Force Base locations can be found at:  www.airforce.com/contact-us/base-locator/

All AF assignments are ultimately based on mission need. However, there are opportunities to express preferences for geographic location and position specific duties. The Assignments Officer for Clinical Psychology gives priority to matching up the preferences of higher ranking AF Psychologists with AF requirements, but even new internship graduates have occasional opportunities to serve outside the continental US. In the past, interns have served in Alaska, England, Germany, and Japan.
Evaluation of Interns

The process of evaluation has two components: (a) measurement of intern performance, and (b) evaluation of the internship program.

Trainee Performance Evaluation

The faculty strives to give prompt, descriptive feedback to trainees orally and in writing. This allows trainees to have the opportunity to adjust their efforts and learning strategies to maximize their overall skill acquisition. Regular feedback in this manner ensures no trainee is surprised by ratings or comments made on the formal written evaluations provided every 2 months.

Interns are provided with written feedback about their performance and standing in the training program from the training faculty at least six times during the year (at midpoint as well as endpoint of rotations with duration of 2 months or more). Competency on designated clinical skills and professional behavior is rated using a comprehensive evaluation measure. In addition to faculty ratings using the comprehensive evaluation measure, intern competency is also assessed using a Competency Evaluation Rating Form (CERF) on the Primary Care rotation, and evaluations/feedback from patients, mental health technicians, peers, individuals they supervise, and the interns themselves at numerous points throughout the training year. Additional competency assessment tools that are available include, case presentations, business plan performance statistics, and performance on EPPP practice tests. By the end of the training year, interns are expected to earn satisfactory ratings on relevant evaluation items for successful completion of the program.

Evaluative information on the intern’s progress will be provided to the Director of Training at the educational institution of record. Performance Evaluation data may be carried forward into the final Training Report that documents successful completion of internship requirements and it becomes part of the intern’s military personnel record.

Training Program Evaluation

Interns have multiple avenues for providing informal feedback about the training program. They are encouraged to speak with their Chief Intern, Rotation Supervisor, Preceptor, Associate Training Director or the Training Program Director about important issues.

Formal feedback about the program is collected from Interns in the form of written evaluations of faculty serving as supervisors and preceptors at the midpoint and endpoint of training. A comprehensive survey covering the major features of the training program is also completed in the latter portion of the year. This information is then summarized and formally considered by the faculty in a day-long workshop attended by all program members.
Supervision

All AF Psychology interns receive abundant opportunities to develop their professional skills through direct observation of expert faculty delivering clinical services and through mentoring and supervision experiences that occur during every rotation.

At WHASC, each intern receives individual supervision from Rotation Supervisor(s) and from a Faculty Preceptor who serves as their mentor for the entire internship year. Rotation Supervisors provide assistance with rotation specific casework, patient evaluation, treatment planning, therapy implementation, administrative issues and development of group therapy skills. The Preceptor is responsible for the intern’s overall professional development including all issues relevant to the trainee’s growth and success as a Clinical Psychologist and Air Force Officer. Rotation Supervisors and Preceptors meet regularly to discuss trainee progress and they collaborate in preparing the formal evaluations that occur every 2 months.
Application Procedure

Contact one of the three AF Psychology Internship Training Directors and your nearest Air Force Health Professions Recruiter for essential information regarding the application process. Contact information for each of the AF Psychology Internship Training Directors is listed in the “Training Sites” section below. Contact information for Health Profession Recruiting is available at http://www.airforce.com/contact-us/recruiter-locator/ or call 1-800-443-4690, or if you have difficulty, request help from an Internship Training Director.

Establishing Eligibility

★ Complete/Pass Military Entrance Processing Station (MEPS) physical examination

★ Certify as Ready for Internship by the Graduate Program’s Training Director

★ Be willing to serve for 4 years on Active Duty as an Officer in the United States Air Force

★ Screen and qualify for a Commission as an Officer in the US military.
   o Requirements include:
     ▪ US Citizenship
     ▪ Meeting requirements for health/physical fitness
     ▪ Meeting standards for exemplary character

★ Screen and qualify for a Secret level Security Clearance

★ Good academic standing at an APA-accredited program in Clinical, Counseling, or Combined Professional Psychology

★ Complete with one of the three AF Psychology Internship Training Directors (“Senior Consultant Interview”)

★ Be willing to submit to random drug testing through urinalysis

APPIC Policy Regarding Internship Offers and Acceptance

The Air Force Clinical Psychology Internship programs are members of APPIC and follow APPIC policy on internship offers and acceptances. We participate in the APPIC Matching Program for internship assignment. Details of the APPIC program and policies can be viewed on APPIC’s web site (http://www.appic.org).

APPIC’s mailing address is: APPIC Central Office, 17225 El Camino Real, Suite #170, Houston, Texas, 77058-2748. Their phone number is: 832-284-4080.

The USAF participates in the APPIC Match Day internship assignment process. For additional details about application procedures, visit www.appic.org, and navigate to the program entries for the USAF internships.
Selection for commissioning and training as an Air Force Psychology Intern is competitive. Successful applicants typically have outstanding records of academic achievement from well-respected academic institutions. They have obtained practica experiences that reflect a commitment to evidence based generalist clinical practice, and have demonstrated leadership skills in a variety of contexts.

After an applicant has completed all AF Recruiting screening procedures and is identified as eligible for selection, their complete application will be forwarded to the AF Recruiting Services in preparation for the Selection Board. The AF Psychology Internship Selection Board process includes the AF Internship Training Directors and the Psychology Consultant to the Air Force Surgeon General. Those who are ranked above the designated cut-off point will be selected as ELIGIBLE FOR RANKING on the APPIC Match Day. Training Directors will then independently review and determine rankings for the respective AF internship sites.

While applicant information is reviewed by all three Training Directors as part of the Selection Board process, each Training Director uses the list of those applicants selected as ELIGIBLE FOR RANKING to privately construct their rank ordered list that will be submitted to the APPIC Match. Applicants should be sure to make personal contact with the Training Director at each of the USAF sites where the applicant hopes to match.

To reiterate, please note there are actually two application processes, a military process and the APPIC process. The military process is carried out through the Health Professions recruiter and culminates in the Selection Board, described above. The psychology process is at the individual internship site level and culminates in each Training Director ranking applicants for their own site once an applicant has been selected through the formal Air Force Selection Board. Therefore, in addition to completing the procedures directed by a Health Professions recruiter, applicants should insure that they select each of the individual AF internship sites they are interested in by entering the internship’s code number in their online AAPI application.

Please note that our program Interview Day is “by invitation only.” Thus, the earlier you turn in your application, the more likely you can be considered for attendance at either of our Interview Days (usually held in early December and January). Please call an AF Internship Training Director if you have any questions or uncertainties about this somewhat complex process.
Training Sites

While all three internship programs hold to the same standards and goals, each has its own distinctive location, character and emphases. Information about each site can be obtained from the Director of Training at that facility and (if invited) by making plans to attend an Interview Day Event at the Training Program:

**Training Director: Dr. Ann Hryshko-Mullen**

Dr. Hryshko-Mullen serves as the Internship Training Director, and is board certified in both Clinical Health Psychology, and Behavioral Sleep Medicine. She completed her PhD from Bowling Green State University in 1994 and serves as examiner for the American Board of Clinical Health Psychology and APA accreditation site visitor. Dr. Hryshko-Mullen has served as the Training Director for 15 years and is passionate about training. Her clinical and research interests include treatment of sleep disorders, weight management, women’s health, and chronic pain treatment.

**Lt Col (Ret) Ann Hryshko-Mullen, Ph.D., ABPP, CBSM**

59 MDOS/SGOWV
**Wilford Hall Ambulatory Surgical Center**

1100 Wilford Hall Loop
Joint Base San Antonio—Lackland, TX 78236-9908
Phone: (210) 292-5972  Fax: 210-292-5944

**Other Air Force Internship Sites Training Directors Contact Information**

**Lt Col David Cordry, Ph.D.**

779 MDOS/SGOW
**Malcolm Grow Medical Center**

1050 West Perimeter Rd
Andrews AFB MD  20762-6600
Phone: (240) 857-9940  Fax: (240) 857-8112

**Lt Col Ruth Roa-Navarrete, Psy.D.**

88 MDOS/SGOW
**Wright-Patterson Medical Center**

4881 Sugar Maple Drive
Wright-Patterson AFB OH  45433-5529
Phone: (937) 257-1363  Fax: (937) 656-1192
Application Instructions

1. Complete all parts of the on-line APPIC Standardized Internship Application Form: www.appic.org

2. Using the on-line process request official transcripts of all graduate level courses.

3. Arrange for a minimum of three supporting letters from your professors, program directors, supervisors or others familiar with your psychological skills, academic training, or supervised clinical experiences. General “character references” may supplement, but do not replace letters addressing your specific skills and training. If a letter is used to supplement the Certification by Program Director (Item 5), this may count as one of the three required letters. These letters should be completed using the on-line process.

4. Submit Curriculum Vitae, listing honors, publications/research experience, clinical experiences, and other information relevant to your training and performance in psychology via the on-line application process.

5. Submit a cover letter that, in addition to your introduction, also answers in bullet format the AF Psychology Applicant Questions (see p. 27) via the on-line application process.

6. **IMPORTANT!** In addition to the standard APPIC application process, applicants must work with a USAF Health Professions Recruiter to complete the military application. The Air Force Health Profession Recruiter must submit your complete recruiting package (including but not limited to, medical examination documents, credentials and background check information, etc.) to the USAF Accessions Selection Board. This process is highly involved and can take several months. Interested applicants are encouraged to contact BOTH an Internship Training Director AND an HP Recruiter as soon as possible.

   Be sure to check with your recruiter regarding specific due dates. A phone call to any Air Force recruiting station or 1-800-443-4690 will yield the exact location, phone number, etc., of the Health Professions recruiter you should contact. An on-line locator service is also available at http://www.airforce.com/contact-us/recruiter-locator/. **The Health Professions recruiter is critical to the application process, providing information and assistance to you throughout the application process.** The Health Professions recruiter’s job is to help you complete the screening process to determine your eligibility to serve as an Air Force officer. You must complete and pass the HP Recruiting Services screening process in order for the AF Psychology Internship Selection Board to consider you for an AF Psychology Internship.

7. The entire application process usually takes at least 60 days and can take significantly longer. It is best to start as soon as possible. During this process, your recruiter should be in regular contact with you to ensure that all screening procedures, documents, etc. are processed in a timely manner. Do not let more than about 2 weeks go by without contact from your recruiter. Finally, if you encounter problems with this process, please contact one of the AF Internship Training Directors as soon as possible so that they can help you troubleshoot the difficulties.
8. At the AF Accessions Selection Board in mid-January, you will be selected as eligible or ineligible for an AF psychology internship from an Air Force perspective. From the eligible list, each individual site Training Director will submit his/her own preferences in rank order through the APPIC Match. Selection at this Board does not constitute selection by the internship program, but rather means you will be eligible for consideration by the AF internship programs. You will only be notified of the results of the AF Internship Selection Board if you are determined to be ineligible for the AF. **When submitting your Match list, you must list each AF site you are interested in (in order of preference) separately.**

9. Questions about the military application process and qualification as an Air Force officer should generally be directed to your Health Professions recruiter. Issues relevant to the profession of psychology or the specifics of the training programs should be addressed to the Director of Training at one of the AF internship sites. Training Directors are eager to work with strong applicants in determining whether our programs are well suited to your career plans and to offer any information you may need in planning this critical part of your professional education. You may call, e-mail, or write at any time.

10. The AF also requires an interview with one of the three Training Directors (referred to as the “Senior Consultant Interview”) as part of the general application process. All applicants will be interviewed; therefore, no specific interview notification is provided. **Applicants should contact Training Directors to arrange an interview.** While only one interview is required, applicants are encouraged to at least do a phone interview with the Training Director at each AF program for which they are interested in being considered.

11. **WHASC requests that the application materials also be submitted one week before interviewing with the Training Director and early enough to allow for an invitation to attend an Interview Day.** The WHASC Internship Interview Day dates are announced each summer. At that time, in addition to seeing our program first hand, invited applicants receive interviews with the site faculty. At WHASC, such on-site interviews are not required for selection, but are strongly encouraged. Applicants who are invited to attend an Interview Day but are not able to visit and interview on the specified Interview Day dates can arrange different dates for a phone interview with the Training Director.

12. **AF internship programs subscribe rigorously to APA standards for program content and APPIC Policy for notifying and accepting applicants.** This internship site agrees to abide by the APPIC Policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant. Applicants are expected to support this Policy as well. As indicated above, a copy of the APPIC Policy should be available at their web site (http://www.appic.org).

13. See the Application Checklist for the WHASC Internship below for a summary of application instructions.
1. Why did you choose psychology as a profession?

2. Identify awards or public recognition that you have received for your academic accomplishments in your doctoral program.

3. Describe significant professional and community service activities you have engaged in during the past 5 years.

4. Describe notable leadership roles you have held and the impact you made (inside or outside of academia).

5. What do you believe are your most significant accomplishments?

6. Describe your short-term professional goals (1-5 years).

7. What type of professional life do you imagine for yourself 5-10 years from now?

8. Have you served in the military? Do you have close family or friends who have served as active duty military? What do you know about their experience?

9. What aspects of military service are attractive to you now?

10. What aspects of military service might present some difficulty or detract from the positive benefits you see?

11. Please discuss the benefits and limitations associated with military service in relation to your personal values.
Appendix B

Frequently Asked Questions

What do Air Force Psychologists do?

Our mission is the healthcare of our service members and their families. The majority of Air Force Psychologists work in outpatient clinics and hospitals much like our civilian counterparts. They spend the majority of their clinical encounter time, working with active duty military members or their family members. The most common diagnoses are similar to those seen in the civilian world (e.g., Adjustment Disorders, Anxiety Disorders, and Mood Disorders). Beneficiaries most commonly seek services because of relationship problems, although we also provide consultation specialty care to many with specific health issues.

Air Force Psychologists also provide screening and assessment for specific organizational needs. For example, they routinely evaluate active duty members who are getting ready to deploy to an active combat area. They also provide follow-up services for members when they return following deployment. In addition, they serve in important roles as consultants to military leaders on issues related to public health. They are active in developing community based prevention programs related to alcohol use, tobacco use, family violence, suicide and many other issues. There are many exciting opportunities for mental health program development and research.

Do Air Force Psychologists deploy?

In the current war context, Psychologists can expect to deploy one time for a period of 6 to 8 months during their four year tour of duty. During deployment, psychologists will work as health care providers for active duty military members in deployed areas such as Afghanistan, and nearby areas.

Most AF Psychologists consider their deployment a capstone experience in their professional career. They commonly describe feeling honored that they were able to help other military members at a time of great need and identify deployment as the most meaningful activity they have done in their professional career. Interns receive didactic training and mentorship throughout the year on psychological services in unique environments.

Are AF Psychologists required to attend Basic Military Training?

No, medical officers attend Commissioned Officer Training at Maxwell AFB for a 5 week intensive training period. This training experience is designed to help ease the transition of candidates in the healthcare, legal and religious professions from the private sector into military life. You will begin with a training regimen designed to educate you in the ways of the military. This is an important time during which you'll develop into an officer and a leader. You will participate in physical conditioning, training, financial seminars and classroom studies.

Are AF Psychologists required to cut their hair very short?

All Officers are expected to be well-groomed and wear their hair in conservative styles. There are specific guidelines about hair length for male officers. Basically, male officers are expected to keep their hair trimmed in military type haircuts. Female officers can choose to wear their hair short or will
have their hair pinned up in a professional manner so it does not fall below the bottom of the back collar (small pins, barrettes, etc. should be similar to hair color).

There are also defined standards for wearing jewelry. For instance, females may only wear stud-type earrings that are small and spherical (one per ear lobe).

**What are the height & weight eligibility requirements?**

Currently, all applicants, males and females, must meet the same height/weight requirement. See the chart below.

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<th>Height in Inches</th>
<th>Maximum Weight</th>
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An applicant that is 72 inches in height would meet the eligibility requirements as long as they weighed between 140-202 pounds. Applicants shorter than 58 inches or taller than 80 inches in height do not meet the height qualification regardless of weight. Similarly, applicants lighter than 91 or heavier than 250 pounds do not meet the weight qualifications regardless of height.

**If I have a health problem or regularly take medication am I ineligible to join the Air Force?**

Your local Air Force recruiter has a general guideline of medical conditions that can render someone ineligible for entrance into the Air Force. The doctor at the Military Entrance Processing Station (MEPS) is the source for making a determination on the condition. If you are interested in joining and are otherwise eligible, your local recruiter can have the medical records for your condition prescreened by the doctor at the MEPS for you to find a preliminary ruling in your particular situation.
What are the physical fitness requirements?

All active duty military members must be physically fit and maintain this fitness throughout their career. Physical Fitness Assessment (PFA) is conducted at least once a year and members must achieve a minimum competency to meet the minimum physical fitness requirements. The PFA consists of three events and one body measurement. There is a minimum requirement in waist circumference, sit-ups, pushups, a 1.5-mile run.

To pass the PFA, you must achieve a total minimum score of 75 pts, the total from all three events and body composition measurement. Members will receive a score on a 0 to 100 point scale based on the following maximum component scores: 60 points for aerobic fitness assessment (1.5 mile run), 20 points for body composition (abdominal circumference), 10 points for push-ups, and 10 points for sit-ups. In addition, you must meet a minimum standard for each event and body composition measurement. The AF fitness program website (http://www.afpc.af.mil/Career-Management/Fitness-Program/) contains charts that show the performance required to achieve the minimum and maximum score in each of the events for each age group. In addition, the website will provide you with tips and methods that will ensure you are more fully prepared to handle the rigors of the PT program.

How bad can my vision be to qualify for the Air Force?

You can have an eye refraction level of no worse than + or - 8.0. When applying for enlistment or commission, your vision will be fully evaluated when getting your pre-entry qualification physical. Individual jobs have stricter vision requirements in many cases.

I have a rod, pin, etc. in my body; is this disqualifying?

In these cases, the Military Entrance Processing Station (MEPS) medical section must evaluate. You will need to provide all medical documents pertaining to the injury to your recruiter and they will forward them for the first stage of the evaluation process.
What is the cut-off age for Psychologists to join the Air Force?

Psychologist applicants must be commissioned before their 35th birthday. Waivers may be available for some individuals up to 42 years of age.

Will traffic tickets make me ineligible to serve in the Air Force?

An excessive number of traffic-related law violations within a 365-day period could impact your Commissioning qualifications. It is best that you contact your local Air Force recruiter who is qualified to answer questions on your specific situation.

What law violations will disqualify me?

Law violations have an impact on qualifying for Air Force Commissioning. It is best that you contact your local Air Force recruiter who is qualified to answer questions on your specific situation.

What is the Air Force's policy on discrimination and homosexuality?

As a matter of Federal and military policy, the AF and AF psychology training programs fully adhere to the practices and procedures of the Equal Employment Opportunities Act in the selection of trainees and employees. The AF views diversity and equal opportunity as a vital part of providing patient care, creating a fair and respectful work environment, and ultimately maintaining a healthy and synergistic workforce. We are committed to fostering diversity through hiring and selection practices that conform to US law and regulation.

Current Federal law allows individuals to serve in the military regardless of their sexual orientation. We recommend you contact your Health Professions recruiter with questions regarding current law.

If I have used recreational drugs, am I disqualified to join?

In most cases, substance abuse is disqualifying. Your specific circumstances should be discussed with your recruiter for an accurate determination to be made.

What is the Air Force's policy on tattoos?

For Air Force members, tattoos and/or brands anywhere on the body that could detract from an appropriate professional image, or that are seen as prejudicial to good order and discipline, or as potentially bringing discredit to the AF, are prohibited in and out of uniform. Tattoos and markings that are judged as obscene or advocate sexual, racial, ethnic, religious discrimination are prohibited. As of 1 February 2017, authorized tattoos on the chest, back, arms, and legs will no longer be restricted by the 25% rule (i.e., tattoos must cover 25% or less of visible skin). Tattoos, brands, or body markings on the head, neck, face, tongue, lips and/or scalp remain prohibited. A copy of the Air Force policy can be found at http://www.af.mil/Portals/1/documents/Policy%20Memo.pdf?ver=2017-01-10-100008-623. Supervisors are given the authority to judge whether a tattoo or marking is appropriate or inappropriate. As custom, enlisted Airman more commonly are seen with tattoos; tattoos are rarely seen on officers.
What is the Air Force Active Duty Health Professions Loan Repayment Program (ADHPLRP)?

The ADHPLRP provides a direct accession incentive to maintain adequate numbers of commissioned officers of the armed forces on active duty, who are qualified in various health specialties within the Medical Corps, Nurse Corps and Biomedical Sciences Corps. The maximum repayment in 2013 was $40,000.00, less tax liability. Payments are sent directly to the lending institution on behalf of the ADHPLRP participant.

ADHPLRP participants have received reimbursement for the repayment of loans used to finance health profession education. Reimbursement has consisted of loan amounts for principal, interest, and reasonable educational and living expenses. Funding varies based on the anticipated separations or need to retain experienced officers. Participants incur an active duty obligation consisting of a minimum of two years, or one year of ADO for each annual repayment, whichever is greater.

Are applicants for the internship or the Health Professions Scholarship Program (HPSP) required to attend an Interview Day or complete an interview on site?

We do not require that you come here to interview or to attend our Interview Day. We will be happy to arrange a telephone interview at a time that is convenient in your schedule.

We strongly encourage invited applicants to attend the Interview Day to insure that you have all of the information you need about the strengths and limitations of our internship and the associated 4 year military commitment.

What happens after internship graduation?

Air Force interns graduate and then are assigned to serve as a mental health provider for the next 3 years at an Air Force Base where their skills are needed. Most new graduates receive assignments in the Continental United States.

Why do I need to complete another Senior Consultant Interview since I completed one last year when I applied for HPSP?

HPSP is awarded to applicants to cover tuition, fees, and living expenses in exchange for a commitment to serve on active duty in the military. However, HPSP scholarships do not guarantee acceptance into the internships. The Selection Process for HPSP, AF commission, and APPIC match are each separate processes.

The senior consultant interview is necessary to clarify that the scholarship awardee still meets AF standards, is progressing appropriately in training, and is the best candidate to continue in AF training and service. You will be competing with all those that are applying this year for an AF internship. Of course, we selected you for the HPSP because we saw you had great potential, but this does not mean we have agreed to select you for internship. We are very serious about abiding by all elements of APPIC and the Match rules.

HPSP Scholars who are selected for a psychology internship at one of the AF’s three APA accredited internship sites, will begin their tour of duty at the beginning of the internship year and be obligated
to three additional years after internship. HPSP Scholars who are not selected to an AF internship begin their tour of duty following completion of their civilian pre-doctoral internship. They are obligated to four additional years of service.

We encourage you to interview with every Training Director (and to apply to each site if you are serious about wanting to be an Air Force Psychologist.) These interviews can be conducted either via telephone or in-person, depending on Training Director availability and preference. The information you provide during this interview does play an important role in the Selection Board deliberations; it is summarized in a report and then presented during the Selection Board meeting.

I have some more questions.

If you have a question that was not answered in the Frequently Asked Questions section or other parts of this brochure, please contact us either by phone (210-2920-5972), email (airforcepsychology@gmail.com), or through our Facebook (Wilford Hall Air Force Psychology Internship) and we will ensure someone gets back to you.
Appendix C

Local Area Information

San Antonio, TX

San Antonio is a unique city and was rated the seventh largest city in the nation in 2014. It hosts a “big city's” wealth of resources, yet it somehow manages to retain much of the quality of a smaller town. The climate is typical of sunbelt cities: hot summers with moderate humidity, and gloriously mild, dry “winters.” The city's gently rolling hills become more defined and rugged as one moves into the Texas Hill Country that begins at the city's northern border, and flatten to seacoast plains as one moves south and east toward the Gulf of Mexico. Wild flowers and trees are plentiful.

Sunny. Relaxed. Friendly. Urban. Historic. Charming. There's tons to do and see, the weather is amazing, the people are welcoming, the cost of living is low, and the scenic Hill Country is just minutes away. We encourage you to visit San Antonio and find out for yourself why we're one of the country's most desirable cities for relocation.

The River Walk

San Antonio has:

* 1.49 million citizens (give or take a few)
* 224 days of sunshine annually
* 15 museums, 5 theme parks, and 176 city parks and recreation areas
* 70 degree average temperature
* 10 days of Fiesta (a city-wide party with over 100 events)
* 5 historic missions and the Alamo
* “86” on the cost of living index (100 is the national average)
* 6 professional sports team including the NBA Spurs
* 12 accredited colleges and universities
* 8 malls
* 30+ golf courses
* The River Walk
* Countless restaurants, shops, clubs, movie theaters
## Links to Learn More about San Antonio

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<td>Special Events</td>
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