



UNIVERSITY HEALTH ASSOCIATES

**WVU MEDICINE BEHAVIORAL MEDICINE AND PSYCHIATRY-MARTINSBURG  
DOCTORAL INTERNSHIP IN PSYCHOLOGY  
2025-2026**

**APPIC MATCH NUMBER: 232111  
APPLICATION DEADLINE: 11:59 PM on NOVEMBER 1, 2024**

**ACCREDITATION STATUS**

The doctoral internship at **WVU Medicine: Behavioral Medicine and Psychiatry-Martinsburg** is fully accredited by the American Psychological Association (APA). Questions related to the program’s accreditation status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation  
American Psychological Association  
750 1<sup>st</sup> Street, NE  
Washington, DC 20002-4242  
(202) 336-5979  
[apaaccred@apa.org](mailto:apaaccred@apa.org)  
[www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)

**INTERNSHIP ADMISSIONS, SUPPORT, AND INITIAL PLACEMENT DATA**

**Internship Program Admissions  
Date Program Tables are updated: 07/1/2024**

**Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program’s policies on intern selection and practicum and academic preparation requirements:**

The overarching goal of WVU Medicine: Behavioral Medicine and Psychiatry’s internship program is to increase the access of West Virginia residents to highly trained mental health professionals by ensuring that future generations of psychologists receive quality education and training experiences. Specifically, we seek to train entry-level clinicians in how to integrate the discipline and practice of professional psychology within both community and integrated care settings. We do this by employing an empirically informed, competency-based, practitioner-scholar model. We adhere to training interns within APA’s profession-wide competencies through direct service experiences including individual/family therapy, psychodiagnostic consultation/crisis intervention, and psychological assessment.

<b>Does the program require that applicants have received a minimum number of hours of the following at the time of application? If year, indicate how many:</b>		
Total Direct Contact Intervention Hours	<input checked="" type="checkbox"/> N <input type="checkbox"/> Y	Amount: 350 Preferred
Total Direct Contact Assessment Hours	<input checked="" type="checkbox"/> N <input type="checkbox"/> Y	Amount: 50 Preferred
<b>Describe any other required minimum criteria used to screen applicants:</b>		
<p>Interns are required to be advanced graduate students currently enrolled in a terminal Ph.D. or Psy.D. program. Intern applicants should have completed a minimum of three years of graduate training. Applicants are also expected to have completed basic required academic coursework, successfully passed their doctoral comprehensive or qualifying examinations by the application deadline, have earned their master's degree in clinical or counseling psychology by the application deadline, have their dissertation approved by the ranking deadline, and have the endorsement of their graduate program DCT. While the program will base its selection process on the entire application package noted below, applicants who have met the following qualifications will be considered preferred: 1. A minimum of 350 intervention hours; 2. A minimum of 50 assessment hours; 3. Experience or special interest working in rural and/or integrated-care settings; 4. Coursework in abnormal psychology, cognitive assessment, objective assessment, and test construction; 5. Successful dissertation defense by the start of internship.</p>		

**Financial and Other Benefit Support for Upcoming Training Year\***

Annual Stipend/Salary for Full-Time Interns	43888
Annual Stipend/Salary for Half-Time Interns	N/A
Program provides access to insurance for intern?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>If access to medical insurance is provided:</b>	
Trainee contribution to cost required?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Coverage of family member(s) available?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Coverage of legally marriage partner available?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Coverage of domestic partner available?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	184 Hours
Hours of Annual Paid Sick Leave	0
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
<p>Other Benefits (Please describe): PTO is to be used for both vacation and sick leave; Interns also receive seven paid holidays (July 4<sup>th</sup>, Labor Day, Thanksgiving Day, Lincoln's Day, Christmas Day, New Year's Day, and Memorial Day); Short-term disability benefits are covered by WVU Medicine; WVU Medicine: Behavioral Medicine and Psychiatry-Martinsburg will cover conference and travel expenses for psychology interns up to \$1,000.</p>	

\*Note: Programs are not required by the Commission on Accreditation to provide all benefits listed in this table.

**Initial Post-Internship Positions**  
(Provide an Aggregated Tally for the Preceding Three Cohorts)

	2021-2024	
Total number of interns who were in the three cohorts:	9	
Total number of interns who did not seek employment because they returned to their doctoral program/are completing their doctoral degree:	0	
	<b>PD</b>	<b>EP</b>
Community Mental Health Center		
Federally qualified health center	1	
Independent primary care facility/clinic		
University counseling center		
Veterans Affairs medical center		
Academic health center	6	
Other medical center or hospital		
Psychiatric hospital		
Academic university/department		
Community college or other teaching setting		
Independent research institution		
Correctional facility		
School district/system		
Independent practice setting	2	
Not currently employed		
Changed to another field		
Other		
Unknown		

Note: “PD” = Post-doctoral residency programs; “EP” = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.

**APPLICATION PROCESS AND SELECTION CRITERIA**

WVU Medicine Behavioral Medicine and Psychiatry—Martinsburg’s Psychology Internship offers **three full-time positions** per academic year.

**Applicant Qualifications**

Interns are required to be advanced graduate students currently enrolled in a terminal Ph.D. or PsyD. program. Intern applicants should have completed a minimum of three years of graduate training. Applicants are also expected to have completed basic required academic coursework, successfully passed their doctoral comprehensive or qualifying examinations by the application deadline, have earned their master’s degree in clinical or counseling psychology by the application deadline, have their dissertation approved by the ranking deadline, and have the endorsement of their graduate program Director of Clinical Training.

While the program will base its selection process on the entire application package noted below, applicants who have met the following qualifications will be considered preferred:

1. A minimum of 350 intervention hours\*
2. A minimum of 50 assessment hours\*
3. Experience or special interest working in rural and/or integrated-care settings
4. Coursework in abnormal psychology, cognitive assessment, objective assessment, projective assessment, and test construction
5. Successful dissertation defense by the start of internship

\*Of note, there are no minimum direct contact intervention or assessment hours required for this internship, as we understand practicum and training experiences may have been limited by the COVID-19 pandemic.

### **Application Procedures**

As a member in good standing of APPIC, this internship program maintains compliance with APPIC's guidelines on recruitment and selection. We participate in the National Match (NMS Match Number # 232111) and follow the APPIC Match Policies. We agree to abide by the APPIC policy that no person at this training site will solicit, accept, or use any ranking-related information from any internship applicant. Internship offers are made exclusively through the APPIC National matching program in compliance with the APPIC policy. WVU Medicine: Behavioral Medicine and Psychiatry-Martinsburg is an equal opportunity employer and adheres to APPIC's policies on nondiscrimination.

As an APPIC-member, this program accepts the AAPI common application through the APPIC website ([www.appic.org](http://www.appic.org)). A complete application consists of the following materials:

1. A completed on-line AAPI (APPIC's standard application)
2. An individualized cover letter that explicitly discusses your internship goals and how BMP is designed to meet those goals
3. A current Curriculum Vitae (as part of the on-line AAPI)
4. A minimum of three-letters of recommendation (at least two of which must be from individuals familiar with your clinical experience)
5. Official transcripts of all graduate coursework
6. One full integrated assessment report (please redact appropriately)

**All application and associated materials must be received by 11:59 pm on November 1st.**

### **Selection and Interview Process**

Applicants who meet the basic requirements (see "Applicant Qualifications" section) and appear to be a good match for our program (e.g., generalist training and/or experience in rural mental health, integrated primary care, behavioral medicine, psychological assessment, and/or child and family services) will be selected for an on-site interview. If applicants are invited to interview, they will be notified on or before November 18th.

Interview days are a critical part of our selection process and provide a good opportunity for applicants and staff to get to know one another. Two interview days in December and two in January will be offered to potential applicants. While we make every effort for interns to interview with as many clinical faculty as possible, interview days will consist of an individual

interview with the Training Director and at least one additional interview with a staff psychologist. Applicants will have the opportunity to interact with current interns, whose feedback will *not* be elicited.

Given our value to make the internship application processes as equitable as possible for candidates, our internship program will continue to conduct our interview process for the 2025-2026 internship cohort exclusively through videoconferencing. With that in mind, we have designed our interview process to offer as many opportunities as possible for potential applicants to witness organic interactions amongst our staff and experience our community's culture. Our primary goal is for our interview days to provide our training site and our applicants every possibility opportunity to assess our goodness of fit. As such, interview days will be scheduled for at least half a day and will involve opportunities to meet virtually with members of our training staff, fellows, and interns. We will include opportunities to take virtual tours of our clinic spaces and the community in attempts for our applicants to obtain ample information about what life would be like as an intern at WVU Medicine. If there are additional requests for accommodation, please do not hesitate to reach out to the Training Director.

### **Background Checks/Drug Screening**

Additionally, WVU Medicine: Behavioral Medicine and Psychiatry-Martinsburg requires that matched interns meet agency-specific criteria to begin their training year. This includes a background check, physical examination, TB test, and drug screen to be completed as part of the June WVU Medicine orientation process. **Interns must be present for three orientation days in the middle of June to begin their internship by July 1<sup>st</sup>.** If a matched intern does not meet certain site-level criteria the match agreement will be terminated, and the intern will not be allowed to complete this internship.

### **Additional Information**

For any additional information that may be required to assist you in this application process, please contact Kristen Whitmore, Psy.D

kristen.whitmore1@hsc.wvu.edu  
Training Director  
Assistant Professor (Clinical)  
University Behavioral Medicine and Psychiatry  
2004 Professional Court  
Martinsburg, WV 25401  
(304) 596-5780

### **TRAINING PROGRAM PHILOSOPHY**

WVU Medicine Behavioral Medicine and Psychiatry—Martinsburg is dedicated to its doctoral internship in psychology. The internship is housed within the Behavioral Medicine & Psychiatry (BMP) clinics. The overarching goal of BMP's internship program is to improve access to highly trained mental health professionals for West Virginia residents by ensuring that future generations of psychologists receive quality education and training experiences. Specifically, we seek to train entry-level clinicians in how to integrate the discipline and practice of professional

psychology within both community and integrated care settings. We do this by employing an empirically informed, competency-based, practitioner-scholar model.

Our doctoral internship program in psychology is first and foremost a training program that includes planned, programmed sequences of training experiences. The title of “psychology intern” is used to designate trainee status. Training at BMP has been deliberately designed to offer an experience-near, closely supervised, and developmentally appropriate sequence over the course of twelve consecutive months for three interns each academic year. Psychology interns will be exposed to a variety of types of psychological services and consumers. The doctoral internship in psychology is a 2000-hour, full-time appointment, which requires psychology interns to provide no fewer than 500 face-to-face direct service hours.

We work closely with each psychology intern to tailor an individualized plan for the internship year. These plans are designed to build upon each trainee’s unique strengths to blend scientific knowledge with increasingly challenging professional experiences. Psychology interns are supported as they further integrate their identities as practitioners and scholars, thus consolidating their unique therapeutic voice and professional identity. We guide psychology interns through this process by providing opportunities for continued growth via regularly scheduled didactics, trainings, supervision, and consultation. It is our goal to support the entire intern through this transitional year by creating a warm and stimulating environment that provides opportunity for both personal and professional growth.

By the end of the internship year, psychology interns at BMP will have received generalist training and are expected to possess the capacity to function independently as an entry-level professional. They will demonstrate an understanding of the empirical basis for their interventions and possess the skills to intervene with a wide array of presenting problems. They will exhibit respect and appreciation for both visible and invisible diversity factors, including the resilience that is often found in individuals living in underserved areas. To also meet the growing need for psychologists who are competent to function in integrated healthcare settings, interns will demonstrate capability to effectively work in primary care settings. The totality of training experiences at BMP will provide a capstone training experience.

### **AGENCY OVERVIEW**

Introduced on January 1, 2015, WVU Medicine brought together Berkeley Medical Center, Jefferson Medical Center, and West Virginia University Hospitals to form a new not-for-profit healthcare delivery system for the Eastern Panhandle. WVU Medicine Behavioral Medicine and Psychiatry-Martinsburg (BMP) is physically located on the Berkeley Medical Center campus and includes both psychology and psychiatry clinics housed within the larger Department of Behavioral Medicine & Psychiatry. Department faculty also provide integrated behavioral health services at Harpers Ferry Family Medicine and the WVU Medicine Center for Diabetes & Metabolic Health, where interns also have training opportunities. BMP offers services primarily to residents of the tri-state area (West Virginia, Virginia, and Maryland). We are staffed by a team of psychologists, psychiatrists, advanced practice professionals, and support staff who work with primary care and other medical providers.

Psychology interns are primarily housed in BMP's outpatient clinic on the Berkeley Medical Center campus in Martinsburg, WV. Each psychology intern will have access to a furnished office, a laptop, and video recording equipment. Clinical records and schedules are maintained in EPIC electronic records. Training resources, including a training room with literary and electronic resources, are also available at BMP.

Psychology interns will also spend one day a week at Harpers Ferry Family Medicine (HFFM). HFFM is a family practice office within the WVU Medicine system, located in Harpers Ferry, WV. The 10,000 square foot state-of-the-art facility currently accommodates more than 30,000 patient visits per year. The staff includes full and part-time family medicine physicians and pediatricians, psychologists, resident physicians, advanced practice providers, pharmacists, medical students, clinical nursing staff, and administrative support staff. Interns will have access to all resources available to clinical staff and family medicine residents, including a training room, computer lounge, electronics, and consultation rooms.

WVU Medicine Behavioral Medicine and Psychiatry-Martinsburg's overarching mission is to improve the health status of Eastern Panhandle residents by providing excellence in health and wellness services, expanding access to care, and participating in the education of healthcare professionals. WVU Medicine Behavioral Medicine and Psychiatry-Martinsburg values of respect, teamwork, integrity, excellence, quality, and stewardship are reflected in the internship training program offered through BMP. These values form the foundation of the services that we provide to the residents of the Eastern Panhandle and inform not only our work with patients but also with our interactions with trainees, staff, and the larger community.

Martinsburg, with a population of 19,000 residents, is one of the fastest growing cities in the state of West Virginia. Located in the heart of the Eastern Panhandle, Martinsburg is often referred to as the "gateway to the Shenandoah Valley." Approximately 75 miles outside of Washington, DC and 90 miles outside of Baltimore, MD, Martinsburg balances the proximal benefits of being close to a major metropolitan area with the relaxed nature and beauty of small-town living. Martinsburg is conveniently located between Maryland and Virginia, offering the ability to travel into all three states within 30 minutes. The Eastern Panhandle of West Virginia is known for its breathtaking views and beautiful scenery. The area is rich in history, with easy access to Harpers Ferry National Historical Park and Antietam National Battlefield. The area is also home to exceptional opportunities for outdoor recreation. The Eastern Panhandle is situated at the confluence of the Shenandoah and Potomac Rivers and is located along both the Appalachian National Scenic Trail and the C&O Canal National Historical Park. The small towns in the area each offer their own recreational and cultural events throughout the year.

### **DOCTORAL INTERNSHIP DIVERSITY STATEMENT**

WVU Medicine: Behavioral Medicine and Psychiatry- Martinsburg's Doctoral Internship in Psychology strongly values diversity and believes in creating an equitable, hospitable, appreciative, safe, and inclusive learning environment for its interns. Diversity among interns and supervisors enriches the educational experience, promotes personal growth, and strengthens communities and the workplace. Every effort is made by the program to create a climate in which all staff and interns feel respected, comfortable, and in which success is possible and

obtainable. The program strives to make every effort to dispel ignorance or anxiety associated with multicultural experiences. The training program includes expected competencies in diversity. Multiple experiences including instruction in Reflective Local Practice (Sandee, Moore, & Swanda, 2018), local excursions, and advocacy projects are provided to be sure that interns are both personally supported and well-trained in this area.

The WVU Medicine: Behavioral Medicine and Psychiatry- Martinsburg's Doctoral Internship welcomes applicants from diverse backgrounds. The program believes that a diverse training environment contributes to the overall quality of the program. The internship provides equal opportunity to all prospective interns and does not discriminate because of a person's race, color, religion, sex, national origin, age, disability, or any other factor that is irrelevant to success as a psychology intern. Applicants are individually evaluated in terms of quality of previous training, practicum experiences, and fit with the internship.

### **PROGRAM OVERVIEW**

WVU Medicine Behavioral Medicine and Psychiatry-Martinsburg trains entry-level clinicians how to integrate the discipline and practice of professional psychology by employing an empirically informed, competency-based, practitioner-scholar model. The program provides experiences in clinical learning environments that are responsive to the diverse and changing needs of the local community. Training at BMP has been deliberately designed to offer an experience-near, closely supervised, and developmentally appropriate sequence over the course of twelve consecutive months for three interns each academic year. The internship year begins with a two week-long orientation, which focuses on acquainting the interns with the procedures and policies of the clinics, assessing interns' current abilities, and developing an individualized plan for their internship year. Interns also receive clinical training during orientation to help them feel prepared to begin their work in evidence-based treatment, assessment, and integrated primary care. Interns will meet individually with the Training Director and Assistant Training Director to discuss their areas of interest and goals for internship. This information will be combined with data obtained through self-evaluation of competencies outlined in the Fouad et al. (2009) article, as well as through in-room observation of direct service delivery. Once interns have been approved by the Training Committee to begin individual work, they will then be allowed to provide direct clinical services, which is reviewed via videotape. Interns are provided feedback on their direct services during weekly individual and group supervision.

Training staff review all new patient intake paperwork and recommend assignments based on presenting problems, treatment needs, case complexity, and level of risk. As interns demonstrate competence in a variety of areas, they are awarded the opportunity to see increasingly complex therapy and assessment cases.

Group and individual supervision are the primary vehicles used to monitor the intern's progress towards their individual goals and the overarching internship goals, competencies, and objectives. Throughout the course of this training year, interns will receive supervision from several staff psychologists. As the program firmly believes that competent, evidence-based practice of psychology requires an integration of both scientific and professional knowledge, skills, and attitudes, interns will be provided a minimum of 3 hours of individual, face-to-face supervision, 1.5 hours of group supervision of assessment, and 2-3 hours of didactic activities



each week during their internship year. Interns will receive additional individual supervision, as necessary. Interns will also be encouraged to participate in Grand Rounds and didactic trainings with medical students and medical residents throughout the academic year.

With regard to direct service delivery, interns are expected to schedule 16-18 hours each week devoted to intervention and consultation, which includes individual/family psychotherapy, psychodiagnostic consultations, crisis interventions, and behavioral health consultations.

### **Required Direct Service Experiences**

#### *Individual/Family Therapy*

Interns will work in an outpatient setting to provide individual and family therapy to people from a diverse range of age groups (children, adolescents, and adults), sociocultural groups, and socioeconomic levels. Interns will conduct approximately 12 hours of therapy each week with a variety of patients who are experiencing presenting problems that span from developmental issues to serious mental illness and comorbid medical diagnoses. Interns may have to schedule more hours of therapy in some weeks to ensure they meet the 500-hour requirement for internship completion.

#### *Psychodiagnostic Consultation/Crisis Intervention*

Throughout the year, interns will have the opportunity to conduct brief, initial assessments with patients, form and document clinical impressions, and then route patients to the appropriate services (e.g. individual therapy, psychiatric consultation, further testing, follow-up with PCP) during their regularly scheduled individual/family therapy hours. Further, throughout the year interns will have increasing opportunities to manage crises that may be encountered while conducting intake assessments or through their work with ongoing patients. Interns are provided close support and supervision throughout all crises.

#### *Integrated Primary Care*

One day per week during the training year, interns will be providing a range of direct and support services to patients and providers at Harpers Ferry Family Medicine (HFFM). Interns will receive intensive training in the Primary Care Behavioral Health (PCBH) model. Activities may include conducting psychodiagnostic consultations, short-term behavioral medicine interventions, crisis interventions, curbside consultations, and warm-handoffs. Interns will divide their days between seven 30-minute scheduled patient appointments and unstructured time to be used to support the function of the primary care team. These support activities may include curbside consultations, warm handoffs, and documentation. Interns are also welcome to participate in in-service programs hosted at HFFM.

#### *Psychological Assessment*

Interns will be expected to administer, interpret, and provide written synthesis of psychological test batteries. Interns will be expected to engage in a minimum of six hours of assessment related activities weekly throughout the course of the year. Psychological assessments may include intellectual, cognitive, achievement, and personality measures. Interns will have intensive training in writing assessment reports and making recommendations that convey meaningful

information to patients and referral sources. Therapeutic feedback skills will be taught, modeled, and honed during the internship.

### **Training Areas**

The internship program ascribes to a longitudinal and developmental model. Over the course of their internship year, interns will receive first-and-foremost generalist clinical training. There are five core areas of training that will constitute the majority of the experiences offered. Each intern will receive extensive supervision and training in the following areas over the course of their internship year:

- 1. Evidence-Based Treatment-** Interns will receive significant training in a variety of evidence-based treatments including Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy (CPT), and Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Training will involve direct clinical supervision, didactic training, and options for external trainings and workshops. Training in other evidence-based approaches may be provided based on interest and need.
- 2. Brief Therapy –** Interns will gain experience providing brief interventions, including but not limited to 30-minute functional assessments and 30-minute follow-up visits with patients seen at Harpers Ferry Family Medicine. Specifically, interns will gain exposure to both the 5 A’s and the contextual interview models. Interns will also gain a foundation in how to meaningfully intervene with patients in as few as one session.
- 3. Learning Disability/ADHD Assessment –** While interns will administer a variety of assessments throughout the year, our most popular assessment referral question is for LD/ADHD assessments. Initially, assessments will occur bi-weekly, with every other week being reserved for report writing. Once interns acclimate to the fast-paced nature of this work and are able to demonstrate the fundamental skills underlying LD/ADHD assessments, they will be scheduled one assessment case per week. Training will be provided in every aspect of the assessment process, from designing a battery to recommendations and therapeutic feedback.
- 4. Child and Family Services –** Interns will gain experience working directly with children/adolescents and their families. Patients will present with a variety of chief complaints including, but not limited to, behavioral concerns, attentional impairment, trauma, anxiety, OCD, and mood disorders. Activities may include individual psychotherapy, family therapy, parent-child interaction therapy, parenting consultations, and community/school advocacy. Emphasis is placed on the development of diagnostic and treatment skills, service delivery, and conceptualization.
- 5. Behavioral Medicine –** Interns will also receive training in several areas under the umbrella of behavioral medicine. Typical behavioral medicine referrals may include behavioral sleep medicine, disordered eating, weight management, perinatal mood and anxiety disorders, smoking cessation, chronic pain, and managing chronic medical conditions. This area of emphasis will consist of a combination of activities including

didactics, co-therapy, individual therapy, assessment, and supplemental readings and training materials.

In addition to the aforementioned required experiences, interns will have the opportunity to help shape their training year to emphasize and further develop areas of particular interest during their internship year. These areas of special exposure include a range of clinical activities. Examples of areas of additional exposure are included below:

- **Acute/Chronic Trauma** – Emphasizing treatment of Acute/Chronic Trauma involves opportunities to work with survivors of traumatic experiences as well as their families and loved ones. Emphasis is placed on the development of diagnostic and treatment skills, delivery of psychoeducational information, self-monitoring, and case conceptualization from a range of evidence-based treatment models. In the past interns have participated in TF-CBT and CPT trainings and consultation teams that meet the requirements for certification.
- **Metabolic Health** – Interns will have the opportunity to gain health psychology training in diabetes and obesity management at the Center for Diabetes & Metabolic Health. Interns will have the opportunity to work collaboratively with physicians in this specialty medical setting and receive specific training in the role of a psychologist in diabetes management, behavioral and medical weight loss, bariatric surgery, and eating disorders.
- **Pain Psychology** – This area of emphasis will expose interns to training in CBT for chronic pain, pain neuroscience, and newer approaches in pain psychology, such as Pain Reprocessing Therapy. Interested interns may also gain exposure to spinal cord stimulator candidacy evaluations in collaboration with interventional pain management physicians.
- **Women’s Health** – Interns interested in women’s health will have opportunities to learn more about the nature and treatment of perinatal mood and anxiety disorders, perimenopause, and other aspects of women’s mental health including providing brief interventions and the potential of running a support group. This area of emphasis also involves collaborating with a psychiatric nurse practitioner who oversees the women’s mental health service line.
- **Diversity** – Training specifically targeting Diversity allows interns the opportunity to emphasize cultural competency with diverse populations in a traditionally rural and impoverished setting. Changes to the demographics of Martinsburg and the surrounding areas have and continue to broaden the sociocultural and socioeconomic diversity of this area. Areas of emphasis can include clinical work (individual/group therapy, assessment), outreach, research, and training.
- **Other Specialization Opportunities** – BMP is inspired by the many areas of expertise within the much larger field of clinical psychology. As a result, we acknowledge and are excited by the individual areas of specialty and interest our interns bring with them. As we strive to be as accommodating as possible to an intern’s specific training needs, if an

intern has an idea for an alternative area of additional exposure, they are encouraged to work alongside the Training Director to customize their training experience.

- **Group Therapy-** Interns may elect to develop, recruit, plan, and run a group of their choosing. Groups include both process oriented and structured modalities, with topics ranging from substance abuse to mindfulness. Interns usually co-lead a group with a more experienced staff member, who provides supervision for the intern's work.

## **Training Activities**

### *Individual Supervision*

Interns receive a minimum of three hours of individual supervision each week from their psychology supervisors. Additional individual supervision is provided as necessary.

Supervision methods may include co-therapy, video/audio recording, live observation, and review of progress notes. Supervision will focus on review of the intern's clinical work and emphasize conceptualization, service provision, professional standards, professional development, and ethics. All individuals served by interns are the clinical responsibility of the doctoral-level psychologist who is providing supervision on the case.

### *Group Supervision*

Additionally, at least one and a half hours of group supervision of assessment cases will be provided weekly. Group supervision may focus on all aspects of the assessment process, including but not limited to designing a battery, administration, scoring, interpretation, report writing, and providing feedback. Additionally, interns will be provided additional information regarding test design and a range of assessment instruments to increase their ability to choose an assessment battery tailored to the individual referral question. Psychology interns will have the opportunity to not only receive feedback on their work but to also practice providing this feedback to others.

### *Intern Training Seminars*

Interns attend weekly two-and-a-half-hour training seminars that focus on various aspects of service provision, specialized topics, and professional development. Topics pertaining to mental health and behavioral medicine are held three weeks a month. Approximately once a month didactics will include emphasis in the following areas: assessment, integrated primary care, professional development, diversity, and supervision.

### *Clinical Case Conferences/Journal Club*

Interns will meet with BMP faculty and post-doctoral fellows every month for clinical case conference/journal club. Interns and staff will take turns presenting clinical material to the group for consultation, support, and feedback. Interns will be required to complete four formal, hour-long presentations over the course of the training year. These include two clinical case presentations, one didactic, and one article for group review and discussion.

### *Fourth Friday Meetings*

Interns are required to attend regularly scheduled, monthly fourth Friday meetings. These meetings involve discussions of current events topics that are relevant to the interns' work as psychologists. Special attention is given to topics with related diversity factors. Additionally, a portion of this time may be set aside for diversity peer supervision. During this time, faculty members and interns will present current cases in which diversity plays a large role. Diversity within selected cases can center on race, ethnicity, sexual orientation, gender, religion, socio-economic status, and any other form of diversity that may be present.

### *Monthly Training Director Meetings*

Interns will attend a monthly meeting with the training director in order to discuss issues related to professional development, track progress related to individual internship goals, and monitor progress toward successfully completing the internship.

### *Research*

Interns will be required to participate in the annual WVU School of Medicine Eastern Division's research seminar poster session. Interns will present their posters at the medical school campus along with the medical students, medical residents, and faculty. Research projects can include a clinical case study or an original research study.

### *Medical School Trainings*

Interns may be invited to join medical students in interdisciplinary didactics on a range of topics including working with difficult patients, end of life issues, child abuse, and healthy eating. Interns may also have opportunities to teach medical students and residents if desired.

### *WVU Grand Rounds*

Additionally, several times each week West Virginia University will host Grand Rounds (both locally and virtually across the three medical school campuses), which interns are invited to attend based on interest and scheduling.

### *External Training Opportunities*

Interns will have the opportunity to attend multiple training opportunities throughout the year including the West Virginia Psychological Association Annual Conference. Other trainings recent interns have attended include Cognitive Processing Therapy, Trauma Focused Cognitive Behavioral Therapy, and Perinatal Mood and Anxiety Disorders.

## **The Training Committee**

The Training Committee, chaired by the Training Director, consists of clinical faculty and benefits from input from interns, as needed. The goal of the Training Committee is to support the doctoral internship program at BMP. The Training Committee is tasked with the following responsibilities:

1. To aid in the coordination of the training program
2. To recommend policy provisions of the training program
3. To monitor the training program
4. To participate in the ongoing planning and evaluation of the training program

### **Statement Regarding the Training Director**

The Training Director is an experienced, licensed, doctoral-level psychologist who chairs The Training Committee. The Training Director bears overall responsibility for selecting interns, monitoring and evaluating intern performance, and maintaining documentation of intern records.

### **The Training Staff**

*Brian Creasy, Ph.D.*

*Clinic Director, Assistant Professor (Clinical), Psychology Intern Supervisor*

Education: Ph.D. in Clinical Psychology, West Virginia University (2012); Postdoctoral Fellowship, University of Texas Health Science Center at San Antonio (2012-2014)

Licensure Status: Licensed Psychologist in Texas (#36616) and West Virginia (#1123)

Orientation: Cognitive-Behavioral; Behavioral; Family Systems

Emphasis: Children and adults, Individual and families; Behavioral concerns, Parent-Child Interaction Therapy, Post-Traumatic Stress Disorder

*Samantha Deamer, Psy.D.*

*Assistant Professor (Clinical), Psychology Intern Supervisor*

Education: Psy.D. in Clinical Psychology, Xavier University (2021); Internship, WVU Medicine Behavioral Health and Psychiatry (2020-2021); Postdoctoral Fellowship, WVU Medicine (2021-2022)

Licensure Status: Licensed Psychologist in West Virginia (#1301)

Orientation: Cognitive-Behavioral; Third Wave Cognitive-Behavioral

Emphasis: Integrated Primary Care across the lifespan, Health Psychology, Brief Therapy, Dialectical Behavior Therapy, Cognitive Processing Therapy, adults and adolescents

*Jonathan Deiches, Ph.D.*

*Assistant Training Director, Assistant Professor (Clinical), Psychology Intern Supervisor*

Education: Ph.D. in Rehabilitation Psychology, University of Wisconsin (2017); Doctoral Internship, WVU Medicine: University Healthcare (2016-2017); Postdoctoral Fellowship, WVU Medicine (2017-2018)

Licensure Status: Licensed Psychologist in West Virginia (#1212)

Orientation: Integrated, primarily cognitive-behavioral and behavioral

Emphasis: Health psychology including diabetes management and bariatrics; pre-surgical psychological evaluations; adults and adolescents

*Christa M. Morton, Psy.D.*

*Assistant Professor (Clinical), Psychology Intern Supervisor*

Education: Psy.D. in Clinical Psychology, Marshall University (2022); Doctoral Internship, WVU Medicine: University Healthcare (2021-2022); Postdoctoral Fellow, WVU Medicine: University Healthcare (2022-2023)

Licensure Status: Licensed Psychologist in West Virginia (#1319)

Orientation: Primarily cognitive behavioral and behavioral, person-centered, integrative

Emphasis: Children, adolescents, and adults; individual and family therapy; posttraumatic stress disorder and trauma disorders; behavioral problems; mood and anxiety disorders

*Kristen Whitmore, Psy.D.*

*Training director, Assistant Professor (Clinical), Psychology Intern Supervisor*

Education: Psy.D. in Clinical Psychology University of Hartford (2018), Doctoral Internship,

WVU Medicine: University Healthcare (2017/2018), Postdoctoral Fellow, WVU Medicine:

University Healthcare (2018-2020)

Licensure Status: Licensed Psychologist in West Virginia (#1229)

Orientation: Primarily Cognitive-Behavioral and Behavioral

Emphasis: Children, adolescents, and adults; Comprehensive psychological evaluations;

Individual and family therapy; Posttraumatic stress disorder

### **Intern Weekly Schedule**

Interns are expected to work no fewer than 40 hours per week in order to obtain enough hours in 12 consecutive months to obtain the required 2,000 for successful completion of internship.

Interns keep the same schedule as BMP staff, working from 8:00 am to 5:00 pm, with an hour lunch, from Monday to Friday.

Interns meet with the Training Director monthly to discuss training goals, progress, and scheduling changes. In addition to constructing the ongoing training goals, the Training Director assists interns in monitoring their progress toward meeting the requirement of 2,000 hours of on-site activities, including 500 hours of direct services, for successful completion of internship.

Interns will be expected to travel to Harpers Ferry Family Medicine (HFFM) one day per week. While at HFFM, a significant portion of their intervention will take the form of consultations, crisis interventions, and psychodiagnostic interviews. They will receive training in the Primary Care Behavioral Health (PCBH) model, participating in warm handoffs with physicians and providing curbside consultations to other providers.

One day per week, interns will dedicate an entire day to psychological assessment. Interns will spend the first half of their designated assessment day administering the selected test battery for a comprehensive evaluation and will be given ample time the rest of the day for scoring and report writing. They will also spend one hour of each assessment day providing testing feedback to patients whom they evaluated in the preceding weeks.

#### **Training/Supervision**

Individual Supervision	3 hours
Group Supervision of Assessment	1.5 hours
Didactics	2-3 hours
Internship Meetings	<u>1 hour</u>
	<b>8-9 hours</b>

#### **Direct Service Delivery**

Intervention/Consultation	16-17 hours
Warm Handoffs/Brief Consultation	1 hour
Psychological Assessment	3.5 hours

Assessment Feedback

1 hour  
**23-24 hours**

**Documentation/Other**

Assessment Report Writing

4 hours

Notes/Tape Review/Supervision Prep

5-6 hours

**9-10 hours**

**Total Number of Hours:**

**40-45 hours**

**Sample Intern Weekly Schedule**

	Mon	Tues	Wens	Thurs	Fri	
800		S/P	S/P	S/P	Didactics	
830	BHCV		Therapy	Testing		
900		Testing Consult	Therapy			
930	BHCV	Report Writing	Therapy			Assessment Group Sup
1000			Therapy			
1030	BHCV	Therapy	S/P			
1100		Therapy				
1130	BHCV					
1200	Lunch	Lunch	Lunch	Lunch	Lunch	
1230						
100	Supervision	Supervision	Supervision	Feedback	Internship Meetings	
130						
200	BHCV	Therapy	CDMH	Report Writing	Therapy	
230						
300	BHCV	Therapy			Therapy	
330		Therapy			Therapy	
400	BHCV				Therapy	
430						
Location	HFFP	BH	BH	BH - Test	BH	

**Legend:**

BHCV – Behavioral Health Consultation Visit (Integrated Primary Care)

HFFM – Harpers Ferry Family Medicine

BMP – Behavioral Medicine and Psychiatry

CDMH – Center for Diabetes & Metabolic Health



## **Intern Benefits**

### **Stipend**

The annual salary for interns during the 2025-2026 academic year will be a \$43,888.00 stipend paid in 26 biweekly payments.

### **Insurance and Retirement Plan Benefits**

Interns are eligible for health and other benefits as an employee of WVU Medicine. They are offered the same plan that is made available to all full-time staff. Short-term disability benefits are covered by WVU Medicine.

### **Vacation and Leave**

Interns will accrue 23 personal days (which equates to 184 hours) of leave over the course of the academic year. In addition, interns also receive seven paid holidays (July 4<sup>th</sup>, Labor Day, Thanksgiving Day, Lincoln's Day, Christmas Day, New Year's Day, and Memorial Day).

### **Continuing Education**

WVU Medicine: Behavioral Medicine and Psychiatry- Martinsburg will cover up to \$1,000.00 in conference and travel expenses for psychology interns to attend additional trainings, including but not limited to the WVPA Fall Conference.

### **Professional Liability**

While interns are covered for their internship training activities under WVU Medicine: Behavioral Medicine and Psychiatry's professional liability insurance, we recommend that interns also begin to explore the costs and benefits of purchasing their own professional liability insurance ([www.trustinsurance.com](http://www.trustinsurance.com)).

## **Program Contact Information**

Should you have any questions or require more information regarding our internship training program, please feel free to reach out to Kristen Whitmore, PsyD, Training Director, at (304) 596-5780 or [kristen.whitmore1@hsc.wvu.edu](mailto:kristen.whitmore1@hsc.wvu.edu)