CENTRAL STATE HOSPITAL
DOCTORAL INTERNSHIP IN FORENSIC AND
INPATIENT PSYCHOLOGY

The Doctoral Internship in Forensic and Inpatient Psychology at Central State Hospital focuses on training in three primary areas:

- Adult Inpatient Treatment primary rotation (80%)
- Adult Forensic Evaluation or Adult Health Psychology secondary rotations (15%)
- Research/scholarly activity on topics relevant to forensic psychology, or experience with the Behavioral Support Team (5%)

Central State Hospital (CSH), in Petersburg, Virginia, is the Commonwealth’s only maximum-security forensic mental health unit and also serves as civil state hospital for the central Virginia catchment area. This internship training program is designed to provide interns with exposure to the full range of mental disorders typically seen in forensic and inpatient psychiatric settings.
THE TRAINING PROGRAM
The internship training program offers education and supervision in the practice of clinical and forensic psychology, a primary goal of which is to prepare the intern for the practice of psychology with a seriously mentally ill population. The program is sponsored by Central State Hospital, which provides services to male and female adults with serious mental illnesses, many of whom also have diagnoses of substance abuse disorders and/or intellectual and developmental disabilities. Our patient population includes pre- and post-trial forensic patients receiving court-ordered evaluation and treatment, patients who have been adjudicated Not Guilty by Reason of Insanity (NGRI) who are receiving evaluation and/or treatment, and non-forensic patients receiving emergency treatment under civil commitment.

The training year begins on September 10\textsuperscript{th} and lasts for 12 months. Interns will spend the first two weeks of the training year engaged in formal orientation activities provided by the CSH Training Department. In September or October of the training year the interns have the opportunity to attend a weeklong intensive workshop in Basic Forensic Evaluation offered by the Institute of Law, Psychiatry, and Public Policy (ILPPP) \url{https://www.ilppp.virginia.edu/OREM/AdultPrograms/Course/121} at the University of Virginia in Charlottesville.

The training year then continues with the interns receiving the following experiences: 80\% of their time as a member of a treatment team on a civil or forensic unit of the hospital; 15\% of their time as part of the forensic evaluation team conducting pretrial evaluations or providing assessment and interventions as a member of the health advocacy team; and 5\% of their time either engaged in research activities or assisting our Behavioral Support Team. Interns typically spend at least 50\% of their time in face-to-face direct service delivery with patients. Interns are provided with office space which includes a computer with access to the Internet and Intranet, as well as printers. (Central State Hospital is scheduled to implement an electronic health records system within the next two years but has not yet transitioned over to that system.)

In addition to biweekly didactic trainings with the Psychology department, Central State Hospital offers a weekly mental health case law seminar, and
weekly Grand Rounds offered by the Psychiatry department. Guest lecturers also present on special topics in clinical and forensic practice, and every quarter all staff are invited to participate in seminars on topics in applied bioethics provided by Bioethical Services of Virginia, Inc. (http://www.bsvinc.com/). At the discretion of the training director, interns may attend a number of other training seminars offered by the ILPPP, including: Risk Assessment, Evaluating Individuals found Not Guilty by Reason of Insanity, Assessing Individuals Charged with Sex Crimes, and various advanced forensic seminars or symposia. The interns are also strongly encouraged to participate in local, state, regional, and national professional organizations relevant to the practice of clinical and forensic psychology.

This internship program is designed to meet all internship training and supervision requirements for licensure as a clinical psychologist in the state of Virginia and comply with the standards set forth by APPIC and APA. The trainee is responsible for obtaining information on licensure requirements and ensuring that they file all necessary forms in a timely manner in order to obtain licensure.

**PHILOSOPHY**

Our training philosophy is that learning occurs through exposure, mentoring, and supervised practice with incremental degrees of task complexity and trainee autonomy. Through this process, interns are expected to gradually increase their clinical proficiency and knowledge of the legal system, and to grow into their professional identity in the field of forensic clinical psychology. The core values of the program include ethical clinical practice and an appreciation of the ways in which clinical skills and knowledge are necessary for competently answering psycho-legal questions. It is our belief that good forensic psychologists are outstanding clinical psychologists first and foremost; therefore, interns will be expected to demonstrate competence in the traditional core skills of clinical psychology, including psychodiagnostic testing, clinical interviewing, treatment planning, consultation, and psychotherapy, while concurrently acquiring a knowledge base of the legal issues and precedents that contribute to the competent practice of forensic psychology.
The effective practice of forensic clinical psychology is strongly linked to the scientific origins of psychological science, and therefore interns are encouraged to rely upon empirically supported assessment techniques, and to actively seek to link evidenced based practice and contemporary research with established principles of assessment. Likewise, our clinicians utilize empirically supported trauma-informed care and therapeutic interventions including DBT, CBT, ACT, and Motivational Interviewing.

GOALS OF THE TRAINING PROGRAM

The goals of our Internship program include:

- Providing an environment in which interns can enhance, practice and hone their clinical skills.
- To highlight the importance of lifetime learning as a practitioner and foster that commitment to remaining current with research relevant to our field and up-to-date knowledge of evidence based practice.
- Model, educate, and promote ethical, trauma-informed, recovery-oriented practice.
- To provide supervised training in an environment in which interns will gain a wide breadth and depth of exposure to clinical presentations and diagnoses among clients with diverse cultural and socioeconomic backgrounds.
- To teach skills and/or build upon the intern's existing skills in clinical and forensic assessment.
- To gain supervisory experience by providing feedback and supervision to doctoral practicum students while supervised.
- To prepare the intern for the independent practice of psychology with a seriously mentally ill and/or forensic population.
- This internship program is designed to meet all internship training and supervision requirements for licensure as a clinical psychologist in the state of Virginia.

EMPLOYEE EXPECTATIONS, STANDARDS OF CONDUCT, AND DUE PROCESS

Prior to start of the internship year, interns are expected to have completed all coursework and other requirements required by their
academic institution and to have been approved for internship by their DCT. Completion of dissertation is highly preferred but not required.

Interns are selected for interview through the APPIC match program by a selection committee led by the Internship Training Director. Applications are reviewed by the Internship Director and the Primary Supervisors, who together comprise the selection committee (SC). Interviews are then offered to qualified applicants. In-person panel interviews will be conducted by the SC on-site at CSH in mid to late January. A tour of the campus and lunch with members of the psychology department and forensic evaluation team is included for those participating in in-person interviews. Phone interviews are also available for those who are unable to participate in the in-person interview. Requests to visit the campus on a day other than the scheduled interview dates will be accommodated if at all possible.

Once matched, the Internship Training Director will contact the intern by phone on Match Day. A letter will be sent to the intern and their Training Director within seven days of the Match date. All interns must successfully complete the pre-employment requirements which include a criminal background check and drug screening. The Internship Training Director oversees all aspects of the training program and will conduct regular quality assurance inspections to ensure that interns are receiving required supervision and training. In addition, the Internship Training Director will also meet with each intern for one hour per week of individual supervision and provide quarterly written progress evaluations to the Intern and the DCT of their academic institution.

All staff, including interns and supervisors, are expected to adhere to the standards of conduct outlined by the Department of Human Resource Management. DHRMS Policy 1.60 explains the Commonwealth’s Standards of Conduct and the disciplinary process that agencies must utilize to address unacceptable behavior, conduct, and related employment problems in the workplace, or outside the workplace when conduct impacts an employee’s ability to do his/her job and/or influences the agency’s overall effectiveness.
Interns will receive regular, on-going informal feedback regarding their performance and progress from their supervisors throughout the internship year. In addition to initial test-outs, interns will receive quarterly formal, written performance evaluations by their primary supervisor and the Training Director. This is in addition to those required by the intern’s academic institution’s requirements. The performance reviews and the intern’s rights to appeal those reviews will be consistent with DHRM policy 1.40.

Due Process Procedures
It is our expectation that interns will successfully complete the internship program, and we commit to working with our interns to maximize the probability of attaining that goal. In an effort to ensure that decisions about interns are not arbitrary or personal, the program has developed due process procedures. Interns are informed of expectations related to professional functioning and behavior both verbally and in written format (via an Intern Brochure and Handbook) during the orientation process.

In addition to regular verbal feedback provided during weekly supervision, interns will be provided with quarterly evaluations which will be shared with the Director of Clinical Training (DCT) at the intern’s graduate program. In the rare event that issues arise which necessitate due process procedure, the Internship Training Director and/or Primary Supervisor will ensure that all concerned, especially the intern, are aware of the relevant issues and of the likelihood that disciplinary action will be taken. Input from the intern’s DCT will be sought when indicated about how best to address unsatisfactory progress or problematic behavior. As indicated, the intern’s Primary Supervisor will institute a remediation plan for identified skill deficiencies and/or problematic behaviors, including a time frame for expected remediation (e.g., 90 days) and consequences of not rectifying the areas of concern. Interns will be provided with a written procedure describing how to appeal the program’s action. Such procedures will be made available to the intern at the beginning of the training year. Interns
will be granted sufficient time (i.e., ten days) to respond to or appeal any action taken by the program. An appeal document should explain the reasons for the appeal and include any documentation or evidence that would warrant reconsideration for the decision. The program will solicit and consider input from multiple professional sources (e.g., training staff, graduate program DCT, and available literature) when making decisions or recommendations regarding the trainee’s performance. Actions taken by the training program and rationale for said actions will be provided in writing to the intern and the graduate program DCT. Additional information regarding Procedures for Responding to Problematic Behaviors, Grievance Procedures and Trainee Termination are detailed in the Intern Handbook.

It is the policy of the Commonwealth to provide its employees with a workplace free from harassment and/or retaliation against employees who either complain of harassment or aide in the investigation of such a complaint.

http://www.dhrm.virginia.gov/mwg-internal/de5fs23hu73ds/progress?id=jzQcUEY55rg1U5kPyEE1Mx_RNC4VguKc4rqmg63zidw,&dl

CENTRAL STATE HOSPITAL AND THE RICHMOND-PETERSBURG AREA
Central State Hospital is located on a beautiful, wooded campus set on the outskirts of the city of Petersburg in rural Dinwiddie County. Petersburg is an historic small city with a revitalized downtown area. It is located about 20 miles south of Richmond, Virginia, a mid-size city that is home to Virginia Commonwealth University and the University of Richmond, as well as a wealth of cultural, sports, and community activities.
Below are links to the website for Central State Hospital and the official websites for the cities of Petersburg and Richmond:

Central State Hospital
http://www.csh.dbhds.virginia.gov/

Petersburg, VA
http://www.petersburg-va.org/

Richmond, VA
http://www.richmond.com/

ADMINISTRATIVE DETAILS

Calendar
The internship begins on September 10\textsuperscript{th} and terminates 12 calendar months later. The granting of educational leave (beyond the required training workshops to be attended at the Institute for Law, Psychiatry, and Public Policy) shall be at the discretion of the Psychology Director.

Stipend
The stipend level for the internship is approximately $30,000 for the year.
Professional Liability Insurance
Professional liability insurance covering clinical activities clearly defined within the scope of the internship training program is provided by the hospital at no cost to the intern.

Health Insurance and Leave Time
The intern will receive health, dental, and disability insurance through the ANTHEM Blue Cross/Blue Shield program offered to all Virginia state employees. The intern receives a generous package of paid sick and personal leave in accordance with accreditation standards. This is in addition to twelve (12) paid holidays per year.

Pay Periods and Pay Days
The intern will receive two monthly paychecks for a total of 24 paychecks per year. Direct deposit is required.

Offices
The intern will be assigned office space and individual computer access.

Clinical and Forensic Supervisors
Throughout the year, the interns receive a minimum of two hours of individual, face-to-face supervision per week with a licensed clinical psychologist, with an additional two hours per week provided by group supervision and/or health care professionals who are appropriately credentialed for their role/contribution to the program. The intern will have at least two different supervisors during the training year. Core supervisors include:

Carla Galusha, Ph.D., Psychology Director
Carla.galusha@dbhds.virginia.gov

Brandon Riley, Ph.D., Psychology Supervisor
Brandon.riley@dbhds.virginia.gov

Marissa Jarrett, Psy.D., Psychology Supervisor
Marissa.jarrett@dbhds.virginia.gov
APPLICATION REQUIREMENTS
Two interns per year will be accepted into the program. Forensic psychology and inpatient treatment experience is preferred. Applicants must be eligible to apply for internship per their doctoral program requirements.

HOW TO APPLY
CSH is currently accepting applications for the internship year 2019-2020. Applicants must submit their application materials as required by APPIC. We require the AAPI, vita, graduate transcripts, 2 letters of recommendation, and a de-identified psychological report to be submitted. Application materials may be sent to the internship training director via email at Carla.galusha@dbhds.virginia.gov or hard copy materials may be mailed to:

Dr. Carla Galusha  
Psychology Director  
Central State Hospital  
Building 43  
P.O. Box 4030  
Petersburg, VA 23803
Selected candidates will be invited to interview (either in-person or via phone interview per the candidate’s preference). Interview expenses will not be reimbursed.

For any additional questions, please contact Dr. Carla Galusha at carla.galusha@dbhds.virginia.gov