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Federal Medical Center, Carswell

Program Code Number: 174311

Fort Worth, Texas

Information Packet 2009-2010

Internship Accredited by the American Psychological Association

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Federal Medical Center, Carswell

Fort Worth, Texas

The Federal Medical Center, Carswell (FMC, Carswell) opened in the summer of 1994, and serves as the only medical and psychiatric referral center for females in the Federal Bureau of Prisons. Situated on the west side of Fort Worth, Texas, the institution is accessible only through the Naval Air Station Fort Worth, Joint Reserve Base. The institution initially consisted of a remodeled military hospital and the adjacent officers' quarters. Over the next 4 years, additional buildings were brought on-line and the resident population has grown to approximately 1800 inmates. The institution was re-accredited by the American Correctional Association in August 2007.

FMC, Carswell is comprised of four interrelated facilities which house female Federal offenders referred from all parts of the United States. These facilities are:

- A 450-bed Medical Referral Center. Medical, dental, and mental health services are provided to female inmates by professional staff, consistent with acceptable community standards and in compliance with Bureau of Prisons policy. This includes medical-surgical units, ambulatory care units, inpatient and outpatient mental health units, and a residential drug treatment unit. The hospital was re-accredited by JCAHO in February of 2006.

- A 1,000-bed General Correctional Unit. The unit is designed to confine female offenders in a controlled environment that is safe, humane, and secure. This unit typically houses inmates who have "in" custody designations, some of whom participate in a faith-based residential program.

- A 24-bed Administrative Unit. This unit is designed to house female inmates with histories of escapes, chronic behavior problems, repeated incidents of assaultive or predatory behavior, or other special management concerns. The mission of the unit is to provide the inmates with structured programs and measurable goals, with the intent of returning them to general population units. The unit is self-contained.

- A 250-bed Minimum Security Prison Camp. Two units adjacent to FMC, Carswell house female offenders who have minimum security and "out" or "community" custody designations.

FMC, Carswell, Medical Referral Center, with the Fort Worth skyline in the background

FMC, Carswell's inmate population is diverse. As of May 2006, the average age of the population was 40.2 years, but ranged from 18 years up to 66+ years. Eleven and nine tenths percent of the inmates were not United States citizens and faced the possibility of deportation at the completion of their sentence. The racial composition was 63.4% White, 32.9% Black, 2.8% American Indian and 1.0% Asian. Of these numbers, 21.9% were of Hispanic descent, with a substantial proportion of "Spanish-only" speakers. The mean sentence length was 104.7 months, with a median sentence length of 84 months, and 8.1% were serving 20 or more years. Drug offenses accounted for 62% of the offenses; Extortion, Bribery, and Fraud for 7.8%; Weapons, Explosives, and Arson for 7.6%; and Robbery Offenses for 6.4%.

To address the medical, mental health, and correctional needs of this diverse population, FMC, Carswell has formulated the following mission statement:

> FMC, Carswell will provide specialized medical and mental health services to female offenders, as well as appropriate correctional programs. The staff of FMC, Carswell have identified the following as significant institution objectives:
>
> - Provide a safe, secure, humane environment for inmates while protecting society.
> - Develop and implement an efficient system of providing quality medical care and surgical evaluation and care.
> - Develop and implement programs and services for inmates in need of specialized mental health evaluation and care.
> - Provide a diversity of programs and activities beneficial to inmates, the institution, and the community.

Psychology Services at FMC, Carswell

Chief Psychologist, Robert E. Gregg, Ph.D.

Like most prisons, FMC, Carswell functions as a self-contained community, and the role of Psychology Services is to promote the mental health and welfare of inmates and staff and to further the development of a humane correctional environment. As is common in community mental health centers, most clients are self-referred for a variety of concerns, others are referred by staff, and some inmates are instructed to participate in treatment by the Federal Courts or parole boards. Whatever the referral path, Psychology staff provide evaluation and treatment services to assist inmates in the adjustment to incarceration and stressful life events, in altering maladaptive behavior patterns, and in coping with mild-to-severe mental disorders.

In accordance with the institution's mission statement, Psychology Services staff conduct an initial psychological screening on all arriving inmates to determine current adjustment and resources, the presence and/or severity of past or current mental illness, and to make programming recommendations. Direct services include crisis intervention, brief counseling, group therapy, individual therapy, and psychological assessment. Consultation regarding an inmate's adjustment and functioning is provided to unit staff, medical staff, other mental health professionals, work supervisors, community programs, and the courts.

Training seminars on a wide variety of mental health topics are provided to institutional and regional staff, including yearly training for Correctional Counselors, suicide prevention, communication skills, working with female offenders, and sexual assault prevention. Psychology staff always participate on the selection panel in pre-employment personnel interviews, and designated staff serve as counselors for the Employee Assistance Program that is designed to assist staff and their families with personal or family mental health concerns.

Psychology Internship Program

The internship has been accredited by the American Psychological Association since July 2001 and was re-accredited in July of 2007. Our next site visit is scheduled for 2014. The contact information for APA is:

Office of Program Consultation and Accreditation
American Psychological Association
750 First Street, NE
Washington, DC • 20002-4242
Phone: 202-336-5979
Website: www.apa.org

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. The contact information for APPIC is:

APPIC Central Office
10 G Street, NE Suite 440
Washington, DC 20002
appic@aol.com
Telephone: 202-589-0600
Website: www.appic.org

Internship Philosophy and Goals

The training program at FMC, Carswell is organized around the practitioner-scholar model and is guided by the philosophy that a clinical practitioner should be informed by scientific research. Clinical practice within a correctional and forensic setting is regarded as requiring the same core clinical skills and knowledge base as professional practice generally, but takes place within a complex legal, political, and social context. Education and training are viewed as continuous and interactive processes, beginning with close supervision and moving toward clinical independence.

The goals of the internship program derive simultaneously from the mission of this facility and from generally accepted values of the professional psychology community. At the most fundamental level, the internship experience is intended to provide broad and general preparation, enabling doctoral candidates to make the transition from student to professional practitioners of psychology. Development of competence in assessment, intervention, consultation, scholarly activities, and application supported by scientific research are integral skills.

A secondary goal is to gain basic competency in two speciality areas of practice. Intern experiences are selected to promote the development of a satisfying professional identity and provide diversified options for professional development. Specialty training options in clinical health psychology, forensics, mental health, Spanish language services and substance abuse are offered and allow the program to be tailored to each intern's interests.

Integration of practice and theory is a third goal of the program. In this setting, psychologists are often called to account for the methods and procedures they employ and are frequently consulted regarding treatment outcomes and the development of new programs. The internship strives to demonstrate the dynamic interaction between practice and research and the value of remaining current in the empirical, theoretical, and scientific knowledge relevant to this setting. Interns are highly encouraged to participate in on-site research projects and program evaluations, as well as pursue their own interests after completion of their dissertations.

Developing an appreciation for the provision of services to diverse client populations is the fourth

goal of the program. The experiences gained from working with populations with varying background, ethnicity, nationality, language, age, socioeconomic status, sexual orientation, and presenting problems, are equally applicable to later practice in correctional or non-correctional settings.

A final goal of the program is to acquaint interns with the broad role of psychologists in the Federal Bureau of Prisons and to increase the core knowledge of correctional psychology issues. This program will give interns a core knowledge base regarding the law, public policy, and social factors as they relate to the practice of psychology, especially in a correctional setting. This experience offers a foundation for additional training and experience for forensic work and can serve as a vehicle to recruit career-eligible, proficient interns into career appointments within the agency or other areas of law enforcement.

Training

Interns will begin with a two week Institutional Familiarization training program to introduce them to the correctional environment and to working with female offenders. Normal work hours are 7:30 am - 4:00 pm, with a standard 40-hour work week. Supplemental reading and research activities might require off duty time.

Psychology training activities include a required year-long General Population assignment, and two speciality training area assignments, each lasting for six months. Prior to any rotation assignment, each intern will be assessed for current clinical competencies and comfort levels to assist in determining rotations and structuring additional learning experiences. To further broaden the experience, interns may participate in an "outplacement" training rotation one day per week for up to six months at either of the two male federal prisons in the Dallas-Fort Worth metroplex (Federal Correctional Institute Seagoville or Federal Correctional Institute Fort Worth). Individual and group supervision, didactic seminars, scholarly activities, and interaction with other students and interns in the Dallas-Fort Worth metroplex will round out the experience.

General Population: General professional training is required for 16-hours per week for the entire year and interns will be assigned to work with psychology staff responsible for the low security inmates and/or camp inmates. This rotation is designed to ensure that interns achieve an intermediate to advanced level of proficiency in providing professional assessment, diagnosis, intervention, and consultation services which are firmly grounded in psychological science. During the internship year, all interns will complete at least 13 comprehensive psychological evaluations, participate in formal case presentations, and assist with peer review.

Dr. Leslie Powers, Forensic Psychologist

Additionally, interns will provide a range of clinical intervention services to the inmate population, and must demonstrate competence in treatment planning, crisis intervention, brief counseling, individual therapy, and group therapy. Interns may participate in providing groups for the Values or Abuse Recovery Tracks, which are series of groups designed to specifically address identified needs of female offenders.

Speciality Areas: Interns will participate in 2 areas, 16-hours per week for 6 months each.

Mental Health Program: Psychologists have primary responsibility for developing and implementing treatment programs for in- and out-patient psychiatric inmates. They also provide evaluative and consultative services and are members of the interdisciplinary treatment team. Interns receive supervised experience in interviewing, diagnosing, testing, and group and individual psychotherapy. The inpatient service involves the same skills as community psychiatric hospitals and entails collaboration with psychiatry, medicine, allied health professionals, work supervisors, and correctional officers.

Forensic Evaluation Service: The Medical Center is the primary forensic evaluation site for female offenders in the federal judicial system. Defendants are referred by the courts for determination of competency to stand trial, criminal responsibility, and dangerousness. Psychologists are responsible for conducting these evaluations, forming opinions, and serving as expert witnesses in Federal court. Interns may participate in all portions of this service, including conducting background investigations, interviewing, testing, report writing, and providing expert-testimony in federal courts throughout the United States. Interns may also be involved in treatment efforts to restore competency.

Clinical Health Psychology Service: Psychologists serve as consultants to the medical staff concerning the emotional aspects of physical illness and the behavioral management of difficult, non-compliant patients. They are responsible for providing non-medical treatment of physical illness and the promotion of wellness. Treatment approaches include patient education, self management training, assessment, counseling, pain management, and psychotherapy. The Psychology Services Department has state of the art biofeedback and neurofeedback equipment. Interns will be encouraged to participate in all aspects of behavioral medicine intervention and in the Wellness Track.

The department has a wide range of assessment instruments, and biofeedback/ neurofeedback equipment.

Drug Treatment Program: The majority of Federal inmates have been convicted of drug-related crimes and most have some history of drug abuse. Inmates are strongly encouraged to become involved in a variety of recovery experiences for which psychologists maintain program responsibility. Programs include a Residential Drug Abuse Treatment unit, a 40-hour Drug Education class, an Addictions Track, AA and NA groups, and structured group

counseling and psychotherapy. The Residential Program includes a substantial Dual Diagnosis component. Interns may participate in all areas of substance abuse treatment.

Spanish Language Services: Approximately 22% of the institution's inmates identify as Hispanic/Latino, a large proportion of which are Spanish-only speakers. Spanish language services are requested daily. Psychologists serving the Spanish speaking population at FMC, Carswell assist in all services provided by psychology services, from the vital functions to specialty services in clinical health, mental health, drug treatment, forensics, etc. Thus, interns have ample first-hand experience providing mental health services to the Hispanic community, and can develop a high level of comfort and fluency in Spanish language service provision. Interns provide Spanish language group programming, assessment, and treatment services. They work under the coordinator of Spanish language services and assist in the coordinator's responsibilities, as well as consult and communicate with all staff psychologists and specialty psychologists as needed to serve the Spanish speaking population. This rotation provides supervision with a special focus on cultural factors related to the Hispanic population.

Outplacement Training: "Outplacement" training assignments are also encouraged for 8 hours per week for 4-6 months to further broaden the intern experience. Interns may be placed at one of two neighboring male institutions for these activities. Private transportation is a necessity in the Dallas-Fort Worth metroplex area as public transportation is limited, and routine travel expenses to FMC, Carswell and outplacement sites must be absorbed by the student.

Supervision: Interns will participate in a minimum of 2 hours per week of face-to-face individual supervision by a licensed psychologist. Each rotation (general population, speciality, and outplacement) will receive a minimum of one hour of individual supervision. The interns will also meet twice weekly for group supervision. Interns will maintain an ongoing record of the supervision they receive. Interns will complete quarterly evaluations of the training and supervision they receive, and this feedback will be utilized to further enhance the training program. Interns are also assigned as supervisors to practicum students. Their activities as supervisors are, in turn, the subject of staff supervision. This process, along with didactic presentations helps interns develop knowledge and skill in theories and methods of supervision.

Didactic Training: Interns will participate in applied and didactic activities over the course of the year which focus on developing skills normally associated with doctoral internships. A schedule of the seminar series will be issued to interns as they begin the internship, which is likely to include joint seminars with other internship sites in the local area. Regular on-site and off-site seminars will include: Ethics and Professional Issues, Cultural Diversity, Working with Female Offenders, Assessment and Diagnostics, Intervention and Psychotherapy, Forensic Issues, Behavioral Medicine, Psychopharmacology, and Special Populations.

Research: Interns are strongly encouraged to engage in professional research activities for up to eight hours each month. Completion of a scholarly project with a presentation to staff, participating in on-going research at FMC, Carswell, or completion of dissertation with a presentation to staff are all strongly supported. On-site research time may be approved by the Director of Clinical Training (DOCT). Leave time for off-site research activity must be approved in advance by the Chief Psychologist and DOCT.

Other Information:

Benefits: Interns accepted for the 2009-2010 training year will receive a stipend of approximately $48,828 divided in bi-weekly payments over the internship year. Texas does not have a state income tax. Vacation and sick leave are earned at the rate of 4 hours every two weeks, or approximately 13 days of each for the year. Interns are allowed time for approved research activities and limited time for authorized training. Interns are strongly encouraged to maintain their own health and dental insurance as the Bureau of Prisons is not able to offer these benefits to trainees.

Application Requirements: Although we are a correctional environment, we do not require that applicants have experience in correctional work. We do require that applicants have a minimum of 450 hours of Intervention and Assessment hours on the AAPI by the time of application. We also require that applicants have had completed at least 3 years of graduate training prior to the start of their internship. The proposal for dissertation and comprehensive exams must also be completed by the start of internship. US citizenship is required for application to the Federal Bureau of Prisons.

Grievance Procedure: Interns have access to existing federal procedures for resolving grievances and are strongly encouraged to report all concerns regarding ethical, professional, or administrative problems. Most issues can be informally resolved within the Psychology Services department through discussion with clinical supervisors, the Director of Clinical Training, and/or the Chief Psychologist. An established procedure for grievances is included in the Internship Handbook.

Liability Insurance: Liability coverage is provided for onsite professional activities. Interns may obtain additional professional liability coverage at their own expense. The American Psychological Association and many academic training programs sponsor reasonably-priced professional liability programs for students.

Outside Employment: With the exception of participation in approved research activities, employment outside of the internship program is not permitted. This policy applies to volunteer as well as gainful employment of any sort.

Application Procedures: Application procedures are listed on the Federal Bureau of Prisons website. Log on to: www.bop.gov , select "Careers", select "Clinical Psychologist", select "Predoctoral Internship Program" to read general information about BOP internships, then select "More information" for required materials. You may access the Optional Application for Federal Employment - OF 612 at http://www.opm.gov/Forms/pdf_fill/of612.pdf . The NCIC form can be found at http://www.bop.gov/policy/forms/Bp_a0660.pdf . Please note that interviewees will be subject to fingerprinting, photographing, and background investigation. Matched applicants must also pass a physical examination by a Bureau of Prisons physician which includes a drug screen. All application requirements are listed below. Applications must be received by **November 15th**. Mail completed application packets to:

Diana del Rio, Psy.D.
Psychology Services
Federal Medical Center, Carswell
P.O. Box 27066, "J" Street, Bldg 3000
Fort Worth, TX 76127

Completed Application Checklist:

_____AAPI (APPIC Application for Psychology Internship):

http://www.appic.org/match/5_3_match_application.html). Be sure to include Part 1 and Part 2 (Academic Program's Verification of Internship Eligibility and Readiness Form). Part 2 must be signed by the Training Director (no copies please).

_____Official transcripts of all graduate coursework (These may be included with your application if they are sealed by the registrar's office at your university.)

_____3 Letters of reference

_____A Current Curriculum Vita

_____1 Work Sample (This should be an assessment report regarding an adult client that addresses, at a minimum, background information, current behavioral observations, results of a battery of psychological tests, and formulation of the case. Choose this case carefully and take appropriate steps to protect the anonymity of the subject)

_____OF 612 http://www.opm.gov/Forms/pdf_fill/of612.pdf

_____NCIC http://www.bop.gov/policy/forms/Bp_a0660.pdf

Reaching the Institution: Scheduled visits to the institution are welcome, and applicants who can do so are strongly encouraged to see the facility in person. Visits may be arranged by contacting the Director of Clinical Training at 817-782-4258 or

through e-mail at ddelrio@bop.gov . Information about Fort Worth and the surrounding area is available at www.fortworth.com.

Interviews: All those who send completed applications by November 15th will receive notification via e-mail by December 15th as to whether they have been invited to an interview or not. On-site interviews are required for further consideration. No phone interviews are allowed. Interviews will be conducted in January.

Resources and Staff

The Psychology Services Department is centralized within the institution and shares office areas with the Social Work Department and Psychiatry. This setting, which encourages a collaborative and multidisciplinary approach to these complementary mental health professions, promotes a professional treatment atmosphere and fosters close working and collegial relationships among staff, interns, and practicum student volunteers. Additional offices are located on the Drug Abuse Unit, the Administrative Unit and the Camp. Several group rooms located in the department are available for group work, training sessions, and conferences.

The Department maintains a wide variety of standardized testing materials and equipment and supports a biofeedback station, testing rooms, and a professional library. Computerized scanning, scoring, and interpretation of a variety of assessment instruments are performed on-site. Staff, interns, and student volunteers have access to computer workstations on an institutional and agency network with Internet access. Psychology records are maintained in a computerized database system and in medical charts.

Class of 2008: Jackie Cranmer (University of Denver), Yessenia Castro (Florida State University), Emily Kistler (Indiana State University)

Psychology Services Staff

Christine Anthony, Staff Psychologist

Ph.D., Clinical, 2007, Sam Houston State University
Areas of Responsibility: Suicide Prevention Coordinator, Admin Unit, Camp

Diana del Rio, Director of Clinical Training

Psy.D., Clinical, 2002, Baylor University
Vermont License
Areas of responsibility: Unit 1 North (CHANGE & Faith Based Program) and Unit 1 South, Spanish Language Services, Training Programs for interns and practicum students

Kristy Dromgoole, Mental Health Psychologist

Ph.D., Counseling, 1997, Texas Tech University
Texas License
Areas of responsibility: Outpatient Mental Health Unit, Abuse Recovery Track Coordinator, Sexual Assault Prevention Coordinator, Dangerousness Assessments

Robert E. Gregg, Chief Psychologist

Ph.D., Clinical, 1976, University of Texas Southwestern Medical Center
Texas License

Kit Hoffman, Drug Abuse Program Coordinator

Ph.D., Counseling, 2003, University of Notre Dame
Kansas License
Areas of Responsibility: Residential Drug Abuse Program, Drug Education, Non-Residential Drug Abuse Program

Leslie Powers, Forensic Psychologist

Ph.D., Clinical, 2005, Fielding Graduate University
Texas License
Areas of Responsibility: M-1 (Mental Health Inpatient Unit), Forensic Evaluations

Veronica Tetterton, Staff Psychologist

Ph.D., Clinical, 2006, University of Alabama
Texas License
Areas of Responsibility: Unit 2 North and Unit 2 South, Values Program

Russ Wood, Clinical Health Psychologist

Ph.D., Clinical, 1990, Syracuse University
California License
Areas of Responsibility: Medical Units, Wellness Program

Tami Yañez, Forensic Psychologist

Ph.D., Clinical, 2004, West Virginia University
Texas License
Areas of Responsibility: M-1 (Mental Health Inpatient Unit), Forensic Evaluations